

# Pear, rocket and parmesan salad

## Equipment needed

- Salad spinner
- Medium mixing bowl
- Chopping board and non-slip mat
- Knife
- Whisk
- Peeler
- Small serving plates
- Tongs

## Salad Ingredients

- 2 pears
- Rocket leaves
- 30g Parmesan cheese (block)
- 1 tsp lemon juice

## Salad Dressing Ingredients

- 2 tbsp extra virgin olive oil
- 2 tbsp of Balsamic vinegar
- Pinch of salt
- Freshly ground black pepper

## Notes:

- Today we are going to work as a group.
- Divide your salad onto 4 small serving plates, one for each table.
- Make **one** salad dressing and spread it across the 4 salad plates.

## What to do:

### Salad:

- Collect rocket leaves from harvest table or harvest from the garden.
- If harvesting from the garden get an adult to help you select the leaves that are ready.
- Wash all leaves twice in the sink, (this removes the dirt and insects).
- Dry using salad spinner.
- Tear larger rocket leaves into pieces. Leave small leaves whole. Place the leaves onto the serving plates.
- Wash pears, leave the skin on. Core pears and slice thinly.
- Place the pear slices in a bowl and toss with lemon juice to stop them going brown.
- Arrange pear slices on top of rocket leaves.
- Shave parmesan using vegetable peeler and set aside.

### Dressing:

- Whisk all dressing ingredients together in a small bowl.

### To assemble

- Clean up
- Just before we sit down, dress the salad (otherwise it goes soggy). Scatter the cheese on top after dressing it.
- Serve on the tables with small tongs.