

## Kitchen Garden at Collingwood College Week 1, 2019

### Name of Recipe: Salad of Cucumber, Beans, and Tomato & Garden Herbs

Volunteer Notes: This salad is to have a lot of input from the students...how they cut the ingredients, the dressing and presentation.

From our garden: all herbs, some tomatoes & spring onions.

What to collect	What to do
Colander Lettuce spinner Large bowl Basket of mixed tomatoes	Collect, Wash, dry & prepare the tomatoes. Place gently into a large bowl.
2- Cucumber, washed, cut into ½, sliced into batons and then diced	Prepare the cucumbers, add to bowl.
4-Spring onion, trimmed, washed & sliced finely	Prepare spring onions, add to bowl.
Lots of Mint, Parsley, picked, washed, dried & chopped 6 x sprig Oregano-picked & washed 4 x sprig Basil-picked, washed, spun dry, sliced	Prepare all the herbs. Add to the bowl. Add salt and pepper. Gently stir.
200 gm Beans, topped and blanched 1x pot boiling water colander	Blanche the beans 1-2 minutes, remove with a slotted spoon into a bowl. Cool under cold water. Drain well. Add beans to bowl.
<u>Dressing</u> 60 ml olive oil 2 clove garlic, skin off, chopped Salt/pepper	Add the dressing into the salad, gently mix ingredients together, and let the flavours of the ingredients infuse.  Taste to Check the seasoning.  At serving, divide into 3 platters, add serving spoon. Decorate with herb sprigs.