

Kitchen Garden at Collingwood College Term 2, 2022

Name of recipe: Salad of cannellini beans, roasted pumpkin, kale, spices

Volunteer Notes: this salad can have a lot of student input; cutting, added ingredients & dressing flavour.

Oven on 200 degrees Celsius

From our garden: Kale, Chard, Silver-beet, all herbs, Musquee de Provence & Jap Pumpkins, Celery

What to collect	What to do
1 tray lined with recycle baking paper Portion of Pumpkin-skin off 2 cm dice Rosemary, washed, picked & chopped XV olive oil Salt/pepper Tongs	<ul style="list-style-type: none"><li>• Divide the tasks.</li><li>• Prepare the Pumpkin, coat with oil, rosemary &amp; seasoning and bake until soft-20 minutes</li></ul>
1-2 tin-drained/washed cannellini beans Colander	Wash the beans well under cold water & drain.
8 sprigs Thyme-picked, wash, dry 10 sprigs parsley-picked, wash, dry 10 sprigs Mint-picked, wash, dry Salad spinner 2 x stick- Celery-washed, small dice 2-4 x spring onion, washed, trimmed & sliced finely-plant the roots in our garden box	Pick each herb separately & wash each separately, Roll and slice the mint and parsley. Prepare the celery & spring onion. Add these to a large bowl with the cannellini beans.
8-10 leaves Kale/Chard leaves-strip off the rib, wash well & sauté with oil/salt & pepper Sauté pan <b>½ tsp-Chilli flakes-see DES (allergies)</b> Large bowl	Toss & mix the legumes, herbs, and celery in a large bowl. Season well. Add lemon zest & ½ juice. Add the cooked pumpkin, cooked kale/chard. Gently mix. TASTE- add salt/pepper & more lemon juice & XV olive oil if needed.  Divide onto 3 flat platters. Decorate with edible flowers & parsley sprigs.

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Salt flakes & ground pepper 1 x lemon-zested & juiced	
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