



Salad of Imagination

Season: Summer

From the garden: spinach, cherry tomatoes, celery, basil, parsley, chives, spring onion, calendula flowers

Type: salad Difficulty: easy

Serves: 6 adults as a starter / 18 tastes in the classroom

Volunteer Notes: Please advise on

1/ blending food textures, colours and tastes

2/ different methods of cutting: tearing, shredding, chopping, slicing, grating

3/ hygiene practices, especially when preparing salads

Equipment	Ingredients
Chopping boards x 4	6 celery stalks (no leaves)
Knives – chefs knife x 2	6 spinach leaves
- serrated chopping knife x 2	handful cherry tomatoes
colander	2 spring onions
measuring spoons	herbs and edible flowers of your choice
screw top jar for dressing	feta
Mixing spoon x 2	olives
Mixing bowl x 1 large	
tasting spoons x 5	
large salad bowl	Dressing -
Side plates to serve	100ml apple cider or balsamic vinegar 300ml olive or sunflower oil 1 tbl sp lime or lemon juice garlic if you like mustard if you like pinch each of salt & pepper

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How to make it:

1. Wash the vegetables
2. Dry the vegetables by towel or spin drying
3. Tear and shred the leafy vegetables
4. Slice the spring onion, cherry tomatoes, celery etc
5. Chop the herbs finely
6. Put dressing ingredients into jar and shake vigorously. Taste.
7. Dress and toss salad just before eating.

This is a time to get creative and let loose in the kitchen! You can have as many ingredients you like, however, try to balance the flavours so no one thing is too overpowering.

TIP: test the salad dressing by dipping in a leaf or vegetable