

# Garden salad

## Ingredients:

3 handfuls salad greens  
100g green beans  
1 red capsicum  
1 small cucumber  
6 tomatoes  
2 spring onions  
¼ cup white wine vinegar  
½ cup olive oil  
Salt and pepper

## Equipment:

Green chopping board  
Large knife  
Large bowl  
Small bowl  
Whisk  
Medium saucepan  
Slotted spoon  
Colander

## Method:

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| <ol style="list-style-type: none"><li>1. Using a clean dry tea towel, wash and pat dry salad greens. Place salad greens in a large mixing bowl.</li><li>2. Fill a medium sized saucepan with water, place on the stove top, over high heat and bring to the boil. Fill a large bowl with cold water and set on bench alongside saucepan.</li><li>3. Cut ends off beans and slice beans into 2 cm lengths. Blanch beans in boiling water for about 30 seconds, using a slotted spoon scoop beans into bowl of cold water to refresh.</li><li>4. Set colander in the sink and tip beans and water into the colander to drain. Place beans into large mixing bowl along with salad greens.</li></ol> | <ol style="list-style-type: none"><li>5. Slice the top of the capsicum, slice down the sides of the, capsicum to remove membrane and seeds. Place the capsicum side's skin side down on the chopping board and slice into thin strips. Add capsicum to salad greens.</li><li>6. Using the vegetable peeler, remove skin from cucumber and slice into small cubes. Add to salad mix.</li><li>7. Slice tomato into small wedges and add to salad mix.</li><li>8. Chop spring onions finely and add to salad.</li><li>9. Place vinegar, oil, salt and pepper in a small bowl and whisk to combine.</li><li>10. Drizzle dressing over salad and using your hands lightly toss the salad.</li><li>11. Place salad into serving bowls.</li></ol> |
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