



Carrot & Celery Salad

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: carrot, celery, coriander, mint spring onions

Equipment:

tea towel
cook's knife
chopping board
large mixing bowl
fine grater
small bowl
measuring spoon
measuring cup
mixing spoon

Ingredients:

10 spring onions, sliced finely on the diagonal
2 carrots, finely julienned or grated
4 celery stalks, sliced finely on the diagonal
1 small handful mint, finely chopped
1 small handful coriander, finely chopped

For the dressing:

1 garlic clove, finely chopped
2 tbsp soy sauce
1/4 cup malt vinegar
3 tbsp olive oil

What to do:

1. In a large mixing bowl, combine the spring onion, carrot, celery, mint and coriander.
2. In a small bowl, combine the vinegar, sugar, vegetable oil, sesame oil and soy sauce.
3. Drizzle the dressing over the salad and toss gently to mix through.

