



WANNIASSA HILLS PRIMARY SCHOOL

Garden Salad ala Deb

Season: Autumn

Serves: 6 Adults 24 Serves

Recipe source: WHPS Staff – Deb Shaw

Fresh from the garden: Carrots, Apple Cucumbers, Parsley, Mint, String Beans, Yellow Capsicum, Mild Red Chilli.

This recipe was created out of a brain storming session between. Since a change of seasons in recent weeks, there is a significant change in vegetables and edible garden stock, less of the leafy greens and more of late summer produce. The question arose – what tasty new recipes can we introduce our students, this week and in weeks to come, as seasonal changes diminish some stock and increase others.

So here it is a salad with subtle and tasty flavours!

It complements Baked Potatoes with Seasonal Herbs and Parmesan and Roti.

Equipment:	Ingredients:
Large Kitchen knives	Carrots
Small knives	Apple Cucumbers
Grater	Parsley
Cutting boards	Mint
Large metal mixing bowl	String Beans
Serving bowls	Capsicum
Medium sized heavy based frypan	Mild Red Chilli
Fruit juice squeezer	Sunflower Seeds

What to do:

1. Peel carrots, apple cucumbers, de-string beans
2. Slice cucumbers, beans capsicum, red chillies
3. Grate carrots
4. Place all ingredients in to large metal mixing bowl
5. Gently toss ingredients to combine well.
6. Add Optional Dressing if desired.
7. Place sunflower seeds in frypan, dry toast for a few minutes
8. Scatter sunflower seeds on top of salad after equal servings placed in to serving bowls

Notes: OPTIONAL DRESSING – Juice of 1 lemon, freshly squeezed , combined with 1table spoon of Olive Oil, season with freshly ground sea salt and peppercorns. Whisk together, add to salad , lightly toss through.