



CUCUMBER, CARROT AND KALE SALAD

Season:	Summer, autumn
From the garden:	Cucumber, carrot, kale
Type:	Side
Difficulty:	Easy
Country of origin:	
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *salad bowl
- *measuring cups and spoons
- *grater
- *jam jar
- *garlic press
- *citrus juicer

Ingredients

- *1 large cucumber
- *1 large carrot
- *big handful of kale (any)
- *small red onion
- *2 tsp honey
- *1 tsp mustard
- *juice of half a lemon
- * $\frac{1}{4}$ cup olive oil
- * $\frac{1}{2}$ clove garlic
- *pinch of salt and pepper to taste

Method

- 1.cut the cucumber into small pieces

2. grate the carrot
3. "massage" the kale leaves to soften them and cut them into strips
4. finely chop the red onion
5. put the cucumber, carrot, kale and onion into the salad bowl
6. peel the garlic and squeeze it through the garlic press into the jam jar
7. juice the lemon and add the juice into the jam jar
8. measure the honey and olive oil into the jar and season with salt and pepper
9. give the jar a good shake to mix the dressing ingredients
10. pour the dressing over the salad and mix

Notes:

Skills: measuring, *mixing, grating, juicing*