



## GREEN SALAD WITH A SOY AND SESAME DRESSING

**Season:** Any time  
**From the garden:** *Mixed salad leaves, lemon*

**Type:** *Salad,*  
**Difficulty:** *Easy*

**Country of origin:**  
**Serves:** *6 serves or 35 tastes*  
**Source:** *Andrea Habacht, GTT kitchen specialist, Oropi school*

### Equipment

- \* colander
- \*big bowl
- \*measuring cup
- \*measuring spoons
- \*jam jar with a lid
- \*garlic press
- \*lemon juicer

### Ingredient

- \*4 handfuls of mixed salad leaves
- \*1 tbsp honey
- \*2 tbsp soy sauce
- \*juice of one small lemon
- \*2 tbsp vegetable oil
- \*1 garlic clove
- \*1 tbsp sesame oil
- \*2 tbsp toasted sesame seeds

### Method

- 1. wash the salad leaves, tear the big ones into bite size pieces and let them drain in a colander**
- 2. place leaves in a salad bowl**
- 3. if using creamed honey, warm it up in the microwave for 20 second to make it liquid**
- 4. to make the dressing, mince the garlic in a garlic press, juice the lemon and put all the ingredients in the jam jar. Give it a good shake.**
- 5. dress the salad leaves with the dressing just before serving and sprinkle the toasted sesame seeds on top**

**Skills: Juicing, mixing...**