

Summer Salad

This cool, crunchy salad is a simple and quick recipe, which is an ideal accompaniment to a variety of dishes.



Nutritional information per portion (137g):

Energy	Fat	Saturates	Sugars	Salt
126kJ 30kcal 2%	0.6g 1%	<0.1g 0%	4.5g 5%	0.14g 2%

of an adult's reference intake.
Typical values per 100g: energy 92kJ/22kcal.

Equipment

Weighing scales
Colander
Kitchen paper
Medium salad dish (for 4 servings)
Large salad dish (for 10 servings)
Vegetable peeler
Chopping board
Sharp knife
Grater
Plate for prepared ingredients
Cling film

Ingredients

Serves 4
100g baby spinach leaves
2 medium carrots
½ medium cucumber
1 small red onion
8 cherry tomatoes

Serves 10
200g baby spinach leaves
5 medium carrots
1 large cucumber
1 medium red onion
20 cherry tomatoes



Method

1. Wash, drain and dry the spinach thoroughly and arrange half of it in the salad dish.
2. Top and tail, peel and grate the carrots and place on a clean plate.
3. Slice the cucumber into ½cm thick pieces.
4. Peel and chop the onion in half and finely slice into semicircles.
5. Wash and dry the cherry tomatoes and cut in half.
6. Put half of the carrots, cucumber, onion slices and cherry tomatoes into the dish that already contains the spinach and gently toss the ingredients together.
7. Place the remaining ingredients into the salad dish and arrange the salad ingredients attractively.
8. Cover the salad dish with cling film and chill in the refrigerator until you are ready to serve.

Something to try next time

- You could make the salad more green by adding different types of lettuce leaves or adding other finely chopped ingredients such as 75g of cheese, 1 avocado, 1 x 15ml spoon of raisins or 1 hard boiled egg.
- See our recipes for Salad Dressings on our website.

Prepare now, eat later

- Salad is best eaten fresh, but if there is some left, cover with cling film and store in the refrigerator to eat the next day.

Skills used include:

Washing, weighing, peeling, chopping, grating, mixing/combining and serving.