

BBQ NECTARINE AND FETTA SALAD

Equipment needed –

Medium bowl, measuring spoons, measuring cups, baking tray, baking paper, small knives, chopping boards and 28 small plastic bowls.

Ingredients from the Garden –

- 12 nectarines
- 1 cup of mint

Ingredients from the Pantry –

- 1/3 cup of olive oil
- 1 ½ tablespoons of white wine vinegar
- 1 teaspoon of Dijon mustard
- 2 teaspoons of honey
- 200 g of Danish fetta
- 240g packet of salad leaves

What to do –

1. Wash and pick the mint, filling 1 cup. Place half of the mint in the food processor.
2. Measure out 1/3 cup of olive oil and add to the food processor.
3. Measure out the vinegar, mustard and honey and add to the food processor.
4. Season with salt and pepper and blend well until combined. This is the salad dressing.
5. Cut the nectarines in half, remove the stones and then cut each half into half again.
6. Heat a grill pan on high. Brush the nectarines with oil then cook for 2 minutes on each side or until lightly charred. Transfer to a plate and cook the rest of the nectarines in the same way.
7. Arrange the salad over 3 serving bowls.
8. Sprinkle over the remaining mint leaves.
9. Crumble the feta cheese and sprinkle evenly over the 3 bowls of salad.
10. Arrange the nectarines around the salad and drizzle with the dressing

Serves –

- 28 students.