

CUCUMBER SALAD

Equipment needed –

Vegetable peelers, measuring spoons, small knife, chopping board, jar, garlic crusher, 1 large bowls and 3 small serving bowls.

Ingredients from the Garden –

- 1 large cucumber
- 2 spring onions
- 1 clove of garlic
- 2 tablespoons of fresh dill

Ingredients from the Pantry –

- 4 tablespoons of apple cider vinegar
- 1 teaspoon of honey
- 1/4 teaspoon black pepper
- ½ tablespoon of sea salt

What to do –

1. Peel the cucumber then slice thinly. Place the cucumber in a large bowl.
2. Finely chop the spring onions. Place in the large bowl with the cucumber.
3. Peel and crush the garlic and place in the jar.
4. Finely chop the dill and add 2 tablespoons to the jar with the garlic.
5. Add 1 teaspoon of honey.
6. Measure out ¼ teaspoon of pepper and ½ teaspoon of salt into the jar. Secure the lid and shake well to combine.
7. Pour the dressing over the cucumbers and mix well to combine.
8. Divide the salad amongst 3 serving bowls.

Serves –

- 28 students.