



Bialik College

Garden Salad With A Citrus Vinaigrette

Bialik College Kitchen Garden Program

Ingredients:

- Lettuce from the garden
- 3 lebanese cucumbers. diced
- 1 avocado, diced
- 1 green capsicum, diced
- handful of snowpeas, sliced
- 4 spring onions, finely sliced
- Dressing:
- 2 tablespoons red wine vinegar
- ½ teaspoon finely grated lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon orange juice
- 2 teaspoons honey
- 1/3 cup extra virgin olive oil
- salt/pepper

Equipment:

- chopping board
- knife
- salad spinner
- zester
- juicer
- metric measuring spoons/cups

Method:

1. Wash/dry salad ingredients and place cut into a bowl.
2. Whisk vinegar, lemon & orange juice and honey in a bowl until combined. Add oil in a slow steady stream and whisk constantly until combined. Season with salt/pepper.
3. Dress salad and serve.