



Six Layered Salad

What to collect	
Ingredients	Equipment
Grain layer: quinoa, rice, soba noodles, freekah etc....	chopping board
	knife
Green layer: lettuce, kale.. whatever is in the garden	glass bowl
Vegetable Layer: cucumber, carrot, capsicum, avocado, corn etc....	
Seeds, Nuts, Beans, Protein: Pumpkin seeds, chickpeas, cannellini beans etc..	
Surprise layer??	
Dressing	

What to do

1. Make your salad, making decisions of what is going into each layer. Think about different colours, what ingredients will go together etc...
2. Then make a dressing and leave it on the side.