

Cucumber, Mint and Basil salad

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 6 Lebanese cucumbers
- Handful of basil leaves
- Handful of mint leaves
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds
- 40mL extra virgin olive oil
- 1 tablespoon lemon juice
- ½ clove garlic
- Salt and pepper

Equipment:

- Metric measuring spoons and jug
- Salad spinner
- Chopping board
- Cook's knife
- Large mixing bowl
- Small frying pan
- Spoon
- Small mixing bowl
- fork

Method:

1. Wash basil and mint in cold water.
2. Remove leaves from stems and dry thoroughly using a salad spinner. Set aside.
3. Wash the cucumbers. Cut in half lengthwise and remove seeds using a spoon. Place seeds in the compost.
4. Finely dice the cucumbers using the safe knife handling skills demonstrated in class. Place diced cucumbers in a large mixing bowl.
5. Finely chop the mint leaves and place in the mixing bowl.
6. Use your hands to tear the basil leaves into small pieces and place in the mixing bowl.
7. Place the sunflower and pumpkin seeds in a small frying pan. Place on the stove and gently toast seeds over a low heat. When they are lightly toasted and golden, turn off the heat and allow to cool in the frypan.
8. To prepare the dressing, peel and finely chop the garlic clove. Place in a small mixing bowl and add the olive oil, lemon juice, a pinch of salt and a small grind of pepper. Use a fork to whisk and combine.
9. Pour the dressing over the cucumber, basil and mint. Toast to combine.
10. Place your salad in a serving bowl and sprinkle the toasted seeds on top before serving. Enjoy! 😊