

Galilee Salad

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ 2 large handful of rocket, washed and spun dry
- ☐ 2 handfuls of mixed salad leaves, washed and spun dry
- ☐ ¼ white cabbage, thinly sliced
- ☐ 1 cucumber, sliced
- ☐ 1 small red onion, finely sliced
- ☐ 2 garlic cloves, minced
- ☐ 6 large tomatoes, sliced or 1 small bowl of baby tomatoes, halved
- ☐ 1 green capsicum, seeded and sliced
- ☐ 3 mint sprigs, sliced or torn
- ☐ 2 tablespoons chopped fresh parsley or dill
- ☐ 1 teaspoon of fresh thyme or oregano
- ☐ 3 tablespoons extra virgin olive oil
- ☐ Juice of ½ lemon
- ☐ 1 tablespoon red wine vinegar
- ☐ 15-20 olives, halved
- ☐ Salt and pepper, to taste

Equipment:

- ☐ Metric measuring spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Garlic mincer
- ☐ Mixing bowls
- ☐ Whisk
- ☐ Citrus juicer
- ☐ Tongs
- ☐ Measuring jug
- ☐ Serving platter

Method:

1. Wash and prepare all salad ingredients as stated above.
2. In a large mixing bowl, place the rocket, mixed salad leaves, white cabbage, cucumber, onion and garlic. Toss gently using a tongs to combine the leaves and vegetables.
3. Prepare the dressing by combining the oil, lemon juice and vinegar in a measuring jug. Whisk to combine.
4. Place this mixture on the base of a large serving platter. Arrange the tomatoes, capsicum, mint, fresh herbs on top of the greens and vegetables.
5. Drizzle over the dressing, sprinkle with olives and season with salt and pepper.
6. Serve and enjoy! 😊