

Harvest Salad with Lemon Thyme dressing

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ 1 large sweet potato, peeled, roasted and cubed
- ☐ 3 large carrots, peeled and sliced
- ☐ 3 or 4 cups rocket leaves
- ☐ 1 cup Kale, stem removed and chopped
- ☐ ½ cup feta cheese
- ☐ 1 red apple, diced
- ☐ ½ cup mixed seeds, toasted
- ☐ 1 tablespoon Maple syrup
- ☐ 1/3 cup Mint leaves, torn
- ☐ **FOR THE DRESSING:**
- ☐ 2 teaspoons Dijon Mustard
- ☐ 1 garlic clove, minced
- ☐ 1 lemon, zested and juiced
- ☐ ¼ cup Apple Cider vinegar
- ☐ 1 tablespoon Maple Syrup
- ☐ 1 and ½ tablespoons fresh thyme
- ☐ ½ teaspoon salt
- ☐ 1 teaspoon pepper
- ☐ ½ cup olive oil, add a splash more if needed

Equipment:

- ☐ Metric measuring cups and spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Peeler
- ☐ Garlic mincer
- ☐ Baking tray
- ☐ Baking paper
- ☐ Olive oil spray
- ☐ Salad spinner
- ☐ Mixing bowls
- ☐ Microplane – for zesting
- ☐ Citrus juicer
- ☐ Small frying pan
- ☐ Fork
- ☐ Serving bowl or platter

Method:

1. Preheat oven to 200 degrees Celsius.
2. Place diced sweet potato and sliced carrot onto a lined baking tray. Spray with olive oil and season with salt and pepper. Toss to coat and then place in the oven to roast for 30 minutes or until vegetables are soft and golden. Remove from the oven and allow to cool.
3. Wash and dry the rocket and kale leaves in a Salad spinner until dry and crisp.
4. In a small frying pan, add mixed seeds and toast for 2-3 minutes on low heat until golden brown. Remove from the heat and add 1 tablespoon of maple syrup. Toss well making sure to evenly coat each seed.
5. In a medium mixing bowl, add Dijon mustard, minced garlic, lemon zest and juice, apple cider vinegar, maple syrup, chopped thyme, salt, pepper and olive oil. Whisk with a fork until fully combined.
6. In a large mixing bowl, add all the ingredients and coat in dressing. Adjust salt/pepper/olive oil to taste before serving.