

Zucchini Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, chives, lemon, zucchini

This is a raw zucchini salad, but it would also be nice to barbeque or grill the zucchini ribbons.

Equipment:

metric measuring scales,
cups and spoons
clean tea towel
chopping board
cook's knife
citrus juicer
bowls – 1 small, 1 large
whisk
vegetable peeler
serving platters

Ingredients:

2 tbsp extra-virgin olive oil
juice of half a lemon
½ tsp salt
½ tsp black cracked pepper
500 g medium-sized zucchini,
top and tailed
1 small handful of basil, torn
1 small handful of chives, finely chopped
¼ cup sunflower seeds, toasted
30 g parmesan

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Whisk oil, lemon juice, salt and cracked black pepper in the small bowl.
3. Working from top to bottom on each zucchini, use a vegetable peeler to slice the zucchini into long ribbons.
4. Place the zucchini ribbons in the large bowl.
5. Add the basil, chives and seeds, then the dressing.
6. Toss to coat the zucchini ribbons with the dressing, herbs and seeds.
7. Shave the parmesan over the salad before serving onto platters.

