

Kale and Carrot Salad

Season: Winter

Serves: 40 tastes

Fresh from the garden: Kale, carrots, edible flowers

Equipment: Chopping boards Salad spinner Large mixing bowl Peeler Grater Measuring spoons Salad dressing jar 4 serving bowls and tongs	Ingredients: 5 cups kale 3 carrots Salt 1 tablespoon olive oil <u>Dressing</u> 4 tablespoons lemon or lime juice 2 tablespoons soy sauce 2 tablespoons maple syrup 1 tablespoon grated ginger <u>Garnish</u> Fried shallots Edible flowers
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What to do:

1. Check over kale leaves and discard any discoloured leaves. Remove leaves from the tough stalks and tear into bite sized pieces. Thoroughly wash leaves and dry in small batches in the salad spinner.
2. Add leaves to large mixing bowl along with a pick of salt and 1 tablespoon of olive oil. Massage the leaves to tenderise them.
3. Peel and grate carrots. Add to the mixing bowl and toss.
4. Place dressing ingredients in the dressing bottle. Close lid tightly and shake well to thoroughly combine.
5. Pour half the dressing into the salad bowl and stir to coat.
6. Share between serving bowls and top with edible flowers and fried shallots.