

Salad station



Equipment

- Large bowl
- Smaller bowl
- Knife
- Chopping board
- Grater
- Spoon
- Fork
- Tin opener (optional)

Ingredients (salad)

- Salad leaves
- Carrots
- Sweetcorn
- Cucumber
- Tomato
- Pepper
- Cheese (optional)

Ingredients (dressing)

- Yoghurt
- Mayonnaise
- Lemon juice
- Chives or parsley

Method

- Wash the salad leaves and tear them into small pieces. Layer them in the bottom of the big bowl.
- An adult should help everyone prepare the rest of the ingredients: grating carrot and cheese (if using), draining sweetcorn, and chopping the cucumber, tomato, pepper, and any other vegetables.
- Choose which vegetable to layer next. Add the vegetable in an even layer on top of the salad leaves. Continue adding layers of vegetables until they're all in the big bowl.
- Make a dressing by mixing yoghurt, mayonnaise, and lemon juice. Experiment with the quantities, then taste it and decide if it needs more of anything (don't forget: don't put a spoon back in the dressing once it's been in or near your mouth!)
- Add some chopped chives or parsley to the dressing.
- Dollop the dressing over the top of the salad.

Make it allergy friendly

- If anyone's allergic to any vegetables, don't use them.
- The cheese is optional – don't use it, or replace it with a dairy-free alternative if you have anyone who's allergic to dairy (or vegan).
- Check with any vegetarians (or their parents or carers) if you need to use cheese without animal rennet.
- You could substitute the yoghurt and mayonnaise for dairy and egg free alternatives if anyone has allergies or is vegan. Try soya yoghurt, or free-from mayonnaise.