



GREEN SALAD WITH SOY AND SESAME DRESSING

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| Season: | Any time |
| From the garden: | <i>Mixed salad leaves, lemon</i> |
| Type: | <i>Salad,</i> |
| Difficulty: | <i>Easy</i> |
| Country of origin: | |
| Serves: | <i>4serves or 25 tastes</i> |
| Source: | <i>Andrea Habacht, GTT kitchen specialist, Oropi school</i> |

| Equipment | Ingredient |
|----------------------------|--|
| * colander | *4 handfuls of mixed salad leaves |
| *big bowl | *1 tbsp honey |
| *measuring cup | *1 tbsp soy sauce |
| *measuring spoons | *juice of one small lemon |
| *jam jar with a lid | *2 tbsp vegetable oil |
| *garlic press | *1 garlic clove |
| *lemon juicer | *1 tsp sesame oil |
| | *1 tbsp toasted sesame seeds |

Method

- 1. wash the salad leaves, tear the big ones into bite size pieces and let them drain in a colander**
- 2.place leaves in a salad bowl**

3. if using creamed honey, warm it up in the microwave for 20 second to make it liquid
- 4.to make the dressing, mince the garlic in a garlic press, juice the lemon and put all the ingredients in the jam jar. Give it a good shake.
- 5.dress the salad leaves with the dressing just before serving and sprinkle the toasted sesame seeds on top

Skills: Juicing, mixing...