

GARDEN TO TABLE

RECIPE: SEASONAL SALAD WITH NASHI AND TOASTED PUMPKIN SEEDS

VOLUNTEER NOTES:

What to collect	Ingredients
Zester Lemon squeezer Chopping boards Chefs knives Metric measuring spoons Jar with lid for the dressing Salad spinner Serving plates Apple corer Large bowl	Salad leaves (eg. cos, rocket, beet leaves, spinach, iceberg, young kale and rainbow beet leaves, sorrel) - 6 cups Herbs (eg. mint, basil, parsley) - 1 cup leaves Nashi pear - x4 small, cored and sliced into thin wedges ½ cup pumpkin seeds - toasted <u>Dressing</u> 6 tablespoons olive oil 3 tablespoons lemon juice 1 teaspoon freshly-ground lemon zest 1 tablespoon good honey sea salt and freshly ground black pepper
<ol style="list-style-type: none"> 1. Wash and salad spin all salad leaves and herbs. Roughly tear the larger leaves into smaller ones. Roughly chop the herbs. Put into a large bowl 2. Core the nashi and cut in half. Slice into thin wedges and add to the salad leaves. Toss to combine 3. Heat the pumpkin seeds in a hot dry frying pan until golden and fragrant. Remove and leave to cool and then add to the salad 4. Measure the dressing ingredients into a jar with a tight fitting lid and shake to mix well. 5. Drizzle the dressing over the salad when ready to serve. 	