Majura Primary school SAKG Program

Orange Salad Season: Winter

Serves: 8 or 20 tastes

Fresh from the garden: oranges, spinach, radish sprouts

Equipment:	Ingredients:
chopping board	For the salad
kitchen knife	2 oranges peeled and chopped.
mezza luna	4 large spinach leaves washed and
serving plate	chopped.
jar with lid	2 snips of radish micro greens.
measuring spoons	3 pansies.
scissors	
	For the dressing
	Juice of ½ an orange
	1 tablespoon cider vinegar
	2 tablespoons olive oil
	1 teaspoon Dijon mustard
	1 teaspoon honey
	Pinch of salt
	Grind of pepper

What to do:

For the salad

- 1. Peel oranges with a knife or by hand, chop into bite size pieces or slices.
- 2. Wash and tear or cut spinach.
- 3. Arrange salad on a plate and sprinkle with micro greens and pansies.

For the dressing

- 1. Place all ingredients for salad dressing in a jar.
- 2. Screw on lid tight and shake until combined.