

# Layered Rainbow Salad

## You will need -

- Colander - for washing and draining fruit & vegetables
- Chopping Board
- Knife and/or Kitchen Scissors
- Grater
- Citrus Juicer
- Bowl - for your salad
- Bowl - for your food waste

## Ingredients -Fruits & vegetables -

*(you can use any you like, remember to choose lots of different colours & have a go at trying something new)*

- Lettuce
- Bell Pepper
- Tinned Sweetcorn
- Tomatoes
- Carrot

## Dressing -

- Lemon
- Lime
- Fresh Mint

All fruit and vegetables whether tinned, frozen or fresh, count towards your 5-a-day

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## Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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## Method -

1. Place half of the lettuce flat side down and using the claw grip chop it up so it looks shredded
2. Place as much as is needed into your bowl
3. Repeat step 1 with a bell pepper
4. Remove the stalk and seeds and place in your food waste bowl (keep the seeds to plant later)
5. Place half the pepper flat side down and using the claw grip slice into sections. Alternatively, you could use your kitchen scissors to cut into slices. Make these as thin or thick as you like and cut in half if preferred
6. Add to your lettuce
7. Drain your tinned sweetcorn and sprinkle over your salad
8. Use the bridge hold to chop your tomatoes into quarters and add to the rest of your salad
9. Use the claw grip to cut the top and bottom off a carrot
10. Use a grater in a downward motion towards the chopping board, to grate your carrot
11. Add the carrot to the rest of your salad

## Dressing -

1. Cut 1 lemon and 1 lime in half using the bridge hold
2. Use a citrus juicer to squeeze all the juice from half a lemon
3. Hand squeeze a touch of lime to the lemon juice
4. Finely cut a couple of leaves of mint using your kitchen scissors and add your lemon and lime juice
5. Drizzle over your salad and allow to soak through the layers

## Notes -

If not eating immediately cover and refrigerate - eat within a day  
Add other food groups to create an all round meal

Find more recipe cards and cook-a-long videos at -  
[www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme](http://www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme)