

Kitchen Garden at Collingwood College Term 4

Name of recipe: Chargrilled Pumpkin, Legumes & Herb Salad-Yoghurt Dressing is optional

Volunteer Notes: this salad can have a lot of student input; cutting, added ingredients & dressing flavour.

What to collect	What to do
2 x Chargrill plate-lightly wipe with oil Portion of Pumpkin-skin on-sliced thinly- ½ cm thick tray XV olive oil Tongs 1 tin-drained/washed cooked lima or cannellini beans Colander 300 gm Beans, trimmed, cut into ½ & blanched Pot of boiling water Perforated spoon 1 x pickled lemon/lime diced 10 sprigs Thyme-picked, wash, dry 10 sprigs parsley-picked, wash, dry 10 sprigs Mint-picked, wash, dry Salad spinner 2 x stick- Celery-washed, small dice Large bowl Salt flakes & ground pepper	<ul style="list-style-type: none">• Divide the tasks.• Prepare the Pumpkin slices. (slice ½ cm thick.)• 2 students to chargrill• Heat up chargrill pans, lay slice down. Once chargrilled on both sides remove to a tray & drizzle olive oil over them.• 1 is to prepare tinned beans & cook the green beans. Then prep the pickled lemons.• 1 student is to pick, wash the herbs, cutting the herbs. Prepare the celery.• Toss & mix the legumes, herbs, and celery in a large bowl.• Season well.

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<u>Dressing</u> Mortar pestle 2 clove garlic-skin off-crushed 150 mls yoghurt 1 lemon-zested & juiced 2 x tsp ground cumin Salt flakes & ground pepper	<ul style="list-style-type: none">• Prepare the dressing- Make the dressing in the mortar & pestle.• Divide the ingredients and place onto 3 >4 small serving plates, drizzle over your salad.• Decorate with edible herbs, mint sprigs & serve with small tongs.
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