

## RECIPE 6

This recipe serves 3-4.

# Broccoli and Bean Salad

### INGREDIENTS

1 head of broccoli - divided into florets  
100g fine green beans - trimmed  
100g fresh or frozen broad beans -  
boiled until just soft  
50g cherry tomatoes - halved  
50g Feta cheese - cubed

### For the dressing

1 tablespoon sunflower oil  
1 tablespoon olive oil  
1 tablespoon red wine vinegar  
1 teaspoon whole grain mustard  
1 teaspoon honey  
1 clove garlic - crushed  
ground black pepper

### EQUIPMENT

2 saucepans and lids, colander,  
chopping board, sharp knife, measuring jug,  
fork, mixing bowl, tablespoon

### HOW TO MAKE IT

1. Blanch the prepared broccoli and fine green beans by putting them in a pan of boiling water. Leave for 1 minute, drain and plunge into cold water. This will stop the cooking process and intensify the colour of the broccoli.
2. In a measuring jug, thoroughly mix all the dressing ingredients with a fork.
3. Put all the prepared salad ingredients into a mixing bowl. Pour the dressing over them. Toss the salad ingredients together and serve immediately.

### COOKING KNOW-HOW

#### Adult preparation

1. Wash your hands (no nail varnish) and wear an apron.
2. Collect all the ingredients and equipment. Arrange them on the table so that all the children can see them.
3. Discuss the ingredients and equipment - what they are, how to weigh and measure them and how they are to be used.

### SHOW THE CHILDREN

- how to divide (break) the broccoli into florets, and trim the beans;
- use the 'bridge' cutting technique to halve the tomatoes and cube the Feta cheese;
- how to blanch the broccoli;
- how to crush the garlic;
- how to mix the dressing and dress the salad.

#### The children may, under supervision:

- divide the broccoli into florets and trim the beans;
- halve the tomatoes and cube the Feta cheese ('bridge' cutting technique);
- arrange the salad in the serving bowl;
- measure the dressing ingredients and mix them;
- dress the salad.

### SKILLS

Dividing (broccoli), 'bridge' cutting and slicing, arranging, pouring, mixing, tossing (salad).