

CRUNCH TIME

Salad in A Jar



Serve information: 2 Salad In A Jars – 1 Taco, 1 Coleslaw

INGREDIENTS – COLESLAW SALAD:

1/2 Lemon
1 Tbsp olive oil
Salt
Pepper
2 Tbsp plain Greek yoghurt
1 Tsp horseradish cream
1/2 Green apple, thinly sliced
1/4 Red onion, chopped
1 Celery stalk, chopped
1 Tbsp walnuts
1 Stem flat leaf parsley
1 Carrot, peeled
80g Cabbage

INGREDIENTS – LEFTOVER TACO SALAD:

1/2 Tomato
1/2 Cucumber
1/4 Red onion
1/2 Avocado
1/2 Lime
50g Tasty shredded cheese
3 Lettuce leaves
2 Tbsp mayonnaise

EQUIPMENT:

2 chopping boards
2 sharp knives
Several spoons
3 small mixing bowls
2 salad jars with screw-top lids
Citrus juicer
2 forks
Vegetable peeler
Box grater



METHOD:

1. To make the Leftover Taco Salad, roughly chop the tomato, cucumber and red onion
2. Scoop the avocado out of the skin and chop the avocado
3. Toss the avocado with some lime juice
4. Layer the jar with mayonnaise on the bottom, tomato, cucumber, red onion, avocado, cheese and shred the lettuce leaves on top. Secure the lid on the jar
5. To make the Coleslaw Salad, squeeze the lemon juice
6. Whisk together lemon juice, olive oil, salt, pepper, yoghurt and horseradish cream
7. Shred the cabbage
8. Shred the carrot
9. Layer the jar with the dressing on the bottom, apple, red onion, celery, walnuts, picked parsley leaves, carrot and cabbage on top. Secure the lid on the jar
10. When you're ready to eat your salad, vigorously shake the jar to toss the ingredients with the dressing. Unscrew the lid and shake into a bowl.



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