Mixed Green Salad with Oranges

Serves 8

Equipment:

Chopping board and mat
Cooks knife
Tbls (Tablespoon)
Tsp (teaspoon)
Measuring cup
Small bowl
Juicer
Whisk
Large bowl
Ingredients:

Salad:

• lettuce, into small pieces
• 1 handful of rocket
• 1 handful of mixed salad leaves
• 3 oranges, peeled, white pith removed, fruit segmented
• 115gm of soft goat cheese, crumbled

Dressing:

• 2 tablespoons finely chopped shallot
• 2 tablespoons white wine vinegar
• 2 tablespoons orange juice
• 1 teaspoon dijon mustard
• 1/2 teaspoon sugar
• 1/3 cup extra-virgin olive oil
• Salt and pepper

What to do:

Make dressing: In a bowl, combine shallot, vinegar, juiced orange, dijon mustard and sugar. Slowly drizzle in oil, whisking constantly. Season with salt and pepper.

Make salad: Mix salad greens in a large bowl. Add orange segments. Toss with dressing, crumble goat cheese on top and serve.
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Equipment:

- Chopping board and mat
- Cooks knife
- Tbls (Tablespoon)
- Tsp (teaspoon)
- Measuring cup
- Small bowl
- Juicer
- Whisk
- Large bowl
Ingredients:

Salad:

½ lettuce, into small pieces
1 handful of rocket
1 handful of mixed salad leaves
3 oranges, peeled, white pith removed, fruit segmented
115gm of soft goat cheese, crumbled

Dressing:

2 tablespoons finely chopped shallot
2 tablespoons white wine vinegar
2 tablespoons orange juice
1 teaspoon dijon mustard
½ teaspoon sugar
1/3 cup extra-virgin olive oil
Salt and pepper

What to do:

Make dressing: In a bowl, combine shallot, vinegar, juiced orange, dijon mustard and sugar. Slowly drizzle in oil, whisking constantly. Season with salt and pepper.

Make salad: Mix salad greens in a large bowl. Add orange segments. Toss with dressing, crumble goat cheese on top and serve.