

Build a salad bowl



Building salad bowls is fun and a great way to eat plenty of different coloured vegetables.

Working in pairs:

- **design two salad bowls** with the same ingredients in each
- **give the salad a name.**

Follow the steps below to complete this task. Remember that each ingredient you choose is for your pair.

Step one: Choose your base. *Please **select one**.*



1 cup cooked
soba noodles



1 cup cooked
couscous



1 cup cooked rice

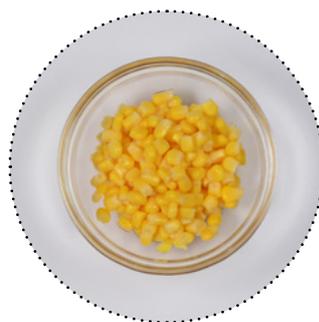
Step two: Choose **at least three** different coloured vegetables. *Please **select**.*



1 red tomato,
sliced into wedges



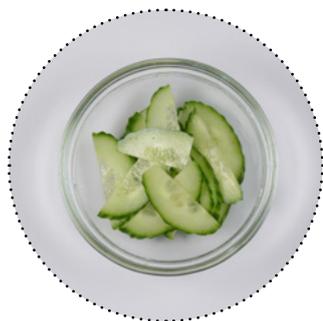
½ small carrot,
sliced into thin sticks



½ cup cooked
corn kernels



½ cup finely sliced
lettuce



½ cup finely sliced
cucumber



½ cup finely sliced
red cabbage



½ cup grated
beetroot

Step three: Choose your protein. *Please **select one**.*



200 grams tofu,
cubed



200 grams canned
tuna, drained



200 grams canned
butter beans, drained
and rinsed



200 grams cooked
shredded chicken

Step four: Choose your dressing. *Please **select one.***



¼ cup lemon and
ginger dressing



¼ cup balsamic
dressing



¼ cup honey and
mustard dressing

Step five: Choose your garnish. *Please **select one.***



1 tablespoon chopped
mint



1 tablespoon chopped
spring onion



1 tablespoon chopped
parsley

Step six: Write your recipe.

Hint: List the ingredients you have chosen above.

Recipe name:

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Serves 2

Ingredients

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Equipment

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Preparation and cooking skills
Chop, divide, grate, measure, slice.

Method

1. Place ½ cup cooked grains in each salad bowl.
2. Top the grains with an even amount of vegetables.
3. Next, evenly divide the protein among each bowl (on top of grains and vegetables).
4. Drizzle an even amount of dressing over top of salad.
5. Garnish with herbs and serve.

Extension task

Cook the noodles or grains yourself using one of our skill cards on the Heart Foundation website and Vegetables.co.nz.
If you have a school garden, think about how you can use the vegetables and herbs that you are growing for your salad bowl.