

FRUIT AND VEG RECIPES



Layered salad

Ingredients (Serves 2-4)

- ½ lettuce, shredded
- 1 carrot, grated
- Small can of sweetcorn
- 1 red pepper, sliced

Equipment

Chopping board, knife, vegetable peeler, grater, can opener, serving dish.

Method

1. Wash all the ingredients.
2. Shred the lettuce.
3. Remove the top and tail of the carrot, peel and grate.
4. Slice the red pepper.
5. Drain the sweetcorn.
6. Arrange in layers in the serving dish.

Handy hints

- Use a variety of different vegetables and fruit, e.g. red cabbage, apple, onion, new potatoes and beansprouts.
- Add a layer of boiled egg, canned tuna or grated cheese to make a main meal.

