

# Tomato Cucumber Beetroot and Leafy green Salad

Workstation: 1

## **Equipment**

Chopping board  
Non slip mat  
Knives  
Measuring spoons  
Measuring cups  
Grater  
Peeler  
Disposable gloves  
Small bowl  
Large bowl  
Tongs  
Small metal spoon

## **Ingredient**

½ Beetroot  
6 Tomatoes  
1 Cucumbers  
4 cups of leafy greens

## **DRESSING**

4 tbsp of White wine vinegar  
2 tsp of Balsamic vinegar  
2 tbsp of Sweet chilli sauce  
2 tsp of Sesame seeds

## **Method**

1. **Wash** all fresh produce
2. **Dice** tomatoes
3. **Peel** and **grate** the beetroot. The beetroot will stain so be careful of clothing and wear gloves to protect hands
4. **Halve** cucumbers lengthways and then **slice** into semi-circles
5. **Tear** leafy greens into bite size pieces
6. **Mix** all fresh produce in a large bowl
7. In a small bowl **combine** white wine vinegar, balsamic vinegar, sweet chilli sauce and sesame seeds
8. **Pour** over salad mix and carefully **mix** through
9. **Place** into fridge until ready to serve