

# Layered salad

**Complexity:** low-medium

## Ingredients

- ½ lettuce
- 1 carrot
- 1 red pepper
- 1 small can of sweetcorn

## Equipment

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



## Method

1. Prepare the vegetables:
  - wash the lettuce and shred;
  - top and tail the carrot, peel and grate;
  - deseed the red pepper and slice;
  - drain the sweetcorn.
2. Arrange in layers in the serving dish.

## Top tips

- 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.

## Food skills

- Shred.
- Trim and slice.
- Peel.
- Grate.
- Layer.