

Mt Eliza Primary School Kitchen Garden Program



Fresh Tomato & Bocconcini Salad

Equipment:

Sharp knife

Chopping board

3 medium sized serving bowls

Scissors (to pick herbs with)

Salad servers

Measuring cups/spoons

Small mixing bowl

Strainer

Ingredients:

A mixed variety of tomatoes to half fill each serving bowl, such as:

- Mini Roma or grape tomatoes
- Cherry tomatoes (yellow and red)
- Large tomatoes (yellow, red, black, green, stripey)

3 handfuls of fresh basil (one for each bowl)

1½ cups Bocconcini cheeses

6 tbsp. olive oil

4 tbsp. balsamic vinegar

2 garlic cloves, crushed

salt and pepper to taste

What to do:

- Pick tomatoes and basil from the garden and wash thoroughly, pat dry.
- Pick the basil leaves from their stems and set aside.
- Cut small tomatoes into halves and divide them equally between the three serving bowls.
- Cut bigger tomatoes into large chunks and also share them between the serving bowls.
- Drain the baby bocconcini cheeses and tear them into rough thirds. Add the cheese pieces to the bowls of tomato, once again dividing them equally between the bowls.
- In a small mixing bowl, whisk together the salad dressing ingredients until well combined. Season with salt and pepper to taste.
- Just before serving, tear the basil leaves into rough pieces. Share the herb leaves between the serving bowls, scattering them over the tomato and cheeses.
- Divide the salad dressing between the three bowls and pour over, gently lifting and tossing the salad to combine all ingredients.