

KS 1 – Seasonal apple salad



L Prep: 20 minutes

L Cook: 0 minutes



Serves: 4

Recipe info

Ingredients

- 1 lemon
- 4 stalks celery
- 4 red apples
- 4 cherry tomatoes
- 2 tbsp half fat crème fraiche
- 2 tbsp half fat mayonnaise
- 2 tbsp wholegrain mustard
- Small bunch rocket leaves
- Handful of raisins (optional)

Equipment

- Colander
- Sharp knife
- Chopping board
- Lemon squeezer
- Melon baller
- Mixing bowl
- Small bowl
- Mixing spoon
- Measuring spoons

Description

A sweet and crunchy salad perfect for apples throughout the seasons

Method / What to do

1. Cut the lemon in half and squeeze out the juice
2. Wash and cut the celery in to cubes
3. Wash the apples and cut in half
4. Carefully remove the apple core using the melon baller then cut the apple pieces in to chunks
5. Wash and cut the tomatoes in half
6. Put the apples, tomatoes and celery pieces into the mixing bowl then add the lemon juice and stir well
7. Mix together the crème fraiche, mayonnaise and mustard in the small bowl
8. Pour the mayonnaise mixture into the mixing bowl with the apples and celery and stir well
9. Wash the rocket leaves and tear in to pieces then stir in to the salad with the raisins
10. Serve immediately!

