

Rainbow salad

Ingredients

5 cherry tomatoes cut in half
1 orange pepper
3 heaped 10ml spoons of canned sweetcorn
2 handfuls of lettuce leaves
A handful of blue berries
1 plum

Safety!

Ask an adult to:

- help you open the can of sweetcorn because the lid is sharp;
- help you use the knife;
- help you wash the vegetables.

Wash all the fresh fruit and vegetables in cold water.

Equipment

Chopping board, knife, plate and salad bowl.

Method

1. Arrange the lettuce leaves in the salad bowl.
2. Prepare each of the fruit and vegetables, as follows, and place each one on the plate:
 - halve the cherry tomatoes;
 - halve the orange pepper, remove the seeds and cut it into small chunks;
 - halve the plum, remove the stone and cut it into thin slices.
3. Now arrange the prepared fruit and vegetables in the salad bowl.
4. Finally, sprinkle over the blue berries and sweetcorn.

Serves 2

Suggestions

Try making another rainbow salad but use different ingredient for each rainbow colour. For example, you could add dried apricots or satsuma segments instead of orange pepper.

Try adding some other ingredients that are not rainbow colours. How about some raisins, mozzarella or prawns?

Add a low fat dressing to your salad.