

# Stripy Salad Pot

Serves: 6

Difficulty:



## Ingredients:

- 140g frozen peas, or soya beans, thawed
- 200g tub of hummus (reserve 2 tablespoons for the dressing)
- 2 peppers, mixed colours, cut into strips
- Half a cucumber, cut into strips
- 200g cherry tomatoes, halved
- 2 large carrots, grated
- 100g reduced fat cheese for grating
- Small pack of basil
- 4 tablespoons pumpkin seeds

**Equipment:** jam jar with a lid, or screw top plastic container with a lid, scales, clear plastic

Cups, chopping board, scissors, table knife, plastic forks to eat the salad

## Method:

- 1) First make the dressing. Place all the dressing ingredients in a jam jar with 1 tablespoon of water. Screw on the lid and shake well. Set aside.
- 2) Divide the hummus between the 6 cups.
- 3) Top with the soya beans and peas.
- 4) Next layer—get the children to cut the peppers with scissors into strips and lay in the cup,
- 3) Next is the cucumber which the children can cut into squares with scissors and place as the next layer.
- 4) then the tomatoes which can be cut layered, basil leaves,
- 5) Get the children to grate the carrot with a mouli grater.
- 6) Mix the grated carrot and pumpkin seeds together and top the pot.
- 7) Top with the salad dressing, and eat all the layers with all the flavours and textures

For more recipes contact Food For Fitness on:

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## For the dressing

- Zest and juice of 1 lemon
- 1 tablespoon clear honey
- 2 tablespoons hummus (from the tub)

## Top Tips!

- a less sweet dressing would be a vinaigrette—
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