

**Season:** Autumn/Winter  
**From the garden:** Beetroot, fennel bulb, celery, oranges  
**Type:** Salad  
**Difficulty:** Medium  
**Serves:** 6 servings or 30 small tastes  
**Source:** Alba Micheli, Kitchen Specialist, Cashmere Primary Te Pae Kererū

### Equipment

- Clean tea towel
- Chef's knife
- Chopping board
- Kitchen knives
- Serrated knives (for the oranges)
- Vegetable peeler
- Box grater
- Large mixing bowl
- 1 jar
- Salad bowl
- Tongs

### Ingredients

- 3 medium beetroot – red, candy or yellow
- 1 large fennel bulb or 2 small ones
- 3 large oranges
- 4 celery stalks
- 3 Tablespoons of any crunchy raw seeds – pumpkin, sunflower etc.
- 4 Tablespoons of olive oil or good oil
- 2 teaspoons of salt
- Freshly ground pepper to taste
- 2 Tablespoons of apple cider or balsamic vinegar

### How to make it

1. Wash vegetables and allow to dry on a clean tea towel.
2. Trim the stalks and leaves from the beetroot and peel using the vegetable peeler. Using the box grater grate beetroot into the large mixing bowl. **Caution – sharp! Ask an adult to help you with this.** Wash your hands and any other equipment that is stained from the beetroot.
3. Trim the leaves off the celery stalks and slice into small pieces then add to the bowl with the beetroot.
4. Remove the leaves and green part of the fennel bulb leaving the white part. **Ask an adult to help you halve then quarter the bulb.** Chop the fennel into small pieces and add to the bowl with the beetroot and celery.
5. Add the seeds to the mixing bowl.
6. Peel the orange and slice into thin rounds and set aside.
7. Place oil, vinegar, salt and pepper in the jar. Screw the lid on tightly and shake to combine. Tip onto the prepared vegetables and use some tongs to coat vegetables with the dressing.
8. Tip into serving bowl or platter and top with the oranges.
9. Serve and enjoy this colorful crunchy salad. It is delicious by itself or try with a warming dish such as GTT Winter Greens Pasta Bake.

**Notes:**

- If you can't find fennel bulb you can substitute with green cabbage, cauliflower or broccoli.

**Skills:**

- Grating, **chopping\***, slicing, tossing
- \* Chopping: to cut into smaller pieces