

# Make your own Harvest Rainbow Salad



## Ingredients:

### For the salad

A range of seasonal British fruit and vegetables in every colour of the rainbow! We will be using tomatoes, carrots, peppers, celery, salad leaves and beetroot.

### For the blueberry dressing

To make enough dressing for ten rainbow salads:

- 200g blueberries
- 3 tablespoons cider vinegar
- 3 tablespoons honey
- 1 tablespoon fresh squeezed lemon juice



## Method:

1. Prepare your first vegetable ingredient safely and carefully and add a layer of it to the bottom of your jar. Start with your violet ingredient and work backwards through the rainbow.
2. Continue to prepare your vegetable ingredients and add them in layers to your jar until you have made a rainbow!
3. Prepare your blueberry dressing by measuring the ingredients carefully and place the vinegar, honey and lemon juice in a sealable jar or container. Swirl the ingredients to mix them together.
4. Put the blueberries into a zip top bag and squash them with rolling pin.
5. Add the blueberries and rapeseed oil to the jar, screw on the top and shake well to blend all the ingredients together.
6. Spoon your dressing over your salad and enjoy!
7. Don't forget to tag us at @NFUEducation in photos of your Harvest rainbow salads!

