

Waldorf Salad

Quantities for 1 group



Allergens – NUTS, CELERY, MILK (yoghurt)

1 tbsp pumpkin or sunflower seeds or chopped walnuts

1 large stick of celery, finely sliced

1 eating apple, cored, quartered and chopped

Approx 1 tsp fresh lemon juice

80g seedless red grapes, halved

1 tbsp plain natural yoghurt (optional, see below)

Pinch of salt

A small gem lettuce for serving

Equipment

Chopping board

Sharp knife

An apple corer

Small bowl

Large mixing bowl

Measuring spoons

Large plate

Method

1. Place apples in a salad bowl; drizzle lemon juice on top and toss well to coat.
2. Add celery, grapes and seeds or nuts; stir in the yoghurt, sprinkle over the salt and mix well to combine.
3. Separate the leaves from the lettuce and place on a serving plate, pile the Waldorf salad on top.

OPTION – For a dairy allergy or milk intolerance, in place of yoghurt use olive oil or a plant based yoghurt