



KACHUMBER SALAD

Vegetable accompaniment: This dish provides a portion of vegetables and counts towards the food-based standard to provide one or more portions of vegetable or salad as an accompaniment every day.

Recipe adapted from: St Anne's Academy, Manchester.

Ingredients

2.4kg cucumber, peeled, split lengthways, deseeded and sliced
300g red onions, peeled, finely sliced
1.3kg tomatoes, quartered, deseeded and chopped
50g fresh coriander, chopped
50g fresh mint, chopped
20ml (1 lemon) lemon juice
15ml (1 lime) lime juice
15ml sunflower oil
20g (1 tbsp) caster sugar

Method

1. Place the cucumber, onions, tomatoes, coriander and mint into a large bowl.
2. To make the dressing mix lemon and lime juice with the oil and sugar in a small bowl.
3. Add dressing to salad just before serving.

Serving suggestion: with Tandoori salmon and savoury rice (see separate recipes from St Anne's Academy).



Number of portions this recipe makes:

80 primary servings (55g)
50 secondary servings (85g)



Prep: 5 minutes
Cook: None



Allergy information:
None



Top Tips

Be inventive use different vegetables like grated carrot, celeriac, peppers, even add fruit like pineapple mango or sultanas.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.