

Starch Based Salad



You have been learning about the Eatwell Guide, which is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. The starch based salad you make must contain a wide range of ingredients and you need to have **at least one ingredient from each section**. The product you make will be cold, it will be a single portion and it must offer a range of nutritional qualities. **You need to demonstrate your cutting skills in the lesson so please do not prepare / cut all the ingredients at home.**

Ingredients:

Please bring a container to carry your starch based salad home in.

Starch	Binder / Sauce (Fat)	Protein	Dairy	Fruit & Vegetables	Other
50 - 75g Pasta, Rice, Cooked Potatoes, Couscous	50 - 100g Mayonnaise, Salad Cream, French Dressing, Vinaigrette, Own Choice	50 - 75g Cooked Ham, Cooked Chicken, Hard Boiled Egg, Tuna, Salmon, Prawns	50g Cheese: Cheddar, Red Leicester, Brie, Stilton Cottage Cheese Yoghurt	50 - 75g Salad Vegetables, Onion (Red / White, Spring, Chives), Fresh / Tinned / Dried Fruits	Nuts Fresh / Dried Herbs Dried Fruit Spices Seeds

Method:

1. Bring a small saucepan of water to the boil and then add the pasta / rice. Simmer for about 10-12 minutes (check the packet instructions).

2. While the pasta is cooking, prepare the other ingredients:

- Prepare your vegetables and fruits
- Prepare your protein food
- Prepare your dairy food
- Prepare your binder (sauce)
- Prepare any other ingredients



3. Once the pasta / rice is cooked, drain the boiling hot water away from the pasta / rice into a colander in the sink. Cool the pasta by rinsing it under the cold tap for a few moments. Drain well.



4. Place the pasta in the serving dish and add your other ingredients.

5. Lastly, add your binder (sauce).

6. Store the finished salad in the fridge.