



Unit 3 recipes

Recipe 1 – Salicornia Cress and grape salad

Servings

Two

Ingredients

- 120 g Seedless red grapes
- 120 g Seedless white grapes
- 120 g Seedless black grapes
- 50 g Pomegranate seeds
- 1 x Passion fruit
- 1 x Lime
- 1 punnet Salicornia Cress

Method

- Wash the grapes in cold water; then drain and cut each one in half or into quarter if needed and place into a bowl.
- Add the pomegranate seeds to the bowl and stir together.
- Cut the passion fruit in half and scoop all the seeds out into the bowl, microplane and grate the zest of the lime into the bowl before cutting in half and squeezing the juice into the bowl as well.
- Stir the whole lot together; then using a pair of scissors, cut the Salicornia Cress at the base and drop into the bowl.
- Toss together very gently then spoon into a serving bowl.
- Taste and then write down how you think the dish tastes, describing the different elements.