

Zucchini, muntries and
apple salad with a lemon
myrtle vinegarette



CHEF+TEACHER
CAT CLARKE
plant+grow+learn

DIFFICULTY:

Easy

SERVES:

Depending on cutting size

SEASON:

All year

PREP TIME:

15 minutes

COOKING TIME:

15 minutes

SUBSTITUTES:

You can change the flavouring of the batter by adding other spices or herbs



EQUIPMENT:

Knife
Board
Bowl
Jar (for dressing)



INGREDIENTS:

3 small to medium zucchini, thinly peeled into strips
1 cup muntries
2 apples, thinly sliced
Handful of basil and parsley leaves
Shaved Parmesan (optional)
Sea salt and freshly ground black pepper

Lemon Myrtle Vinaigrette:

1/4 cup minced shallot
1 tsp lemon myrtle
100 ml white wine vinegar
300ml olive oil



METHOD:

1. Prepare the Zucchini: Use a vegetable peeler to create thin strips of zucchini. Place them in a large bowl.
2. Dress the Salad: In a separate bowl, mix the minced shallot with the lemon myrtle vinaigrette. Drizzle this dressing over the zucchini strips and toss gently to coat.
3. Arrange on a Platter: Transfer the dressed zucchini to a serving platter, ensuring an even spread.
4. Add Muntries, Apples, and Herbs: Scatter the muntries and thinly sliced apples over the zucchini. Then, tear the basil and parsley leaves and sprinkle them on top. For an extra touch, add some shaved Parmesan on top of the salad.

Final Touches: Drizzle a bit more of the lemon myrtle vinaigrette over the salad. Season with sea salt and freshly ground black pepper to taste.