

# Stripy salad pots

## Ingredients

30g Cheddar cheese  
1 small carrot  
1/2 red pepper, deseeded  
2 x lettuce leaves  
4 x 15ml spoons sweetcorn



## Equipment

Chopping board, grater, plate, vegetable knife, peeler, kitchen scissors, 2 clear plastic cups.

## Method

1. Grate the cheese.
2. Top, tail, peel and grate the carrot.
3. Snip the pepper into strips and then into small pieces.
4. Cut the lettuce leaves into thin strips.
5. Arrange the ingredients in layers in the cup.

## Top tips

You could add other ingredients to your salad pot:

- chopped cherry tomatoes, grapes or olives;
- grated courgette;
- canned tuna;
- cooked prawns;
- sliced ham or chicken.

## Food skills

- Grate.
- Cut and slice.
- Snip.
- Arrange.

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