

Caterpillar Salad

Ingredients

Salad leaves

Apple (large)

Melon

Cucumber

Equipment

Apple corer

Plate

Method

1. Use the apple corer to remove the core from the apple, then discard the core. Cut the remaining apple in half and use the apple corer to make apple cylinders. Cut the cylinders in half lengthways.
2. Use the corer to make cylinders of cucumber and melon and cut these lengthways also.
3. Arrange the leaves in the plate and add the cylinders of apple, cucumber and melon.



