Recipe

kachumber salad

enough for 6-8 children

A fresh, crunchy salad full of juicy tomatoes, cool cucumber and lovely fresh coriander, with a squeeze of zesty lemon! Little ones can get stuck in with chopping, mixing and squeezing to make this tasty, colourful side dish.

Ingredients

1 cucumber

5 big tomatoes / 15 little tomatoes

½ teaspoon of ground cumin

Juice of 1 lemon

Bunch of coriander leaves

Optional: finely diced red onion

Method

- Chop cucumbers and tomatoes with children with child friendly knives. Consider how the ingredients change as they are cut e.g. “was the cucumber easy or tricky to cut?” “What do you notice inside the cucumber?, can you see the seeds?” “ is the tomato juicy or dry?”

- Sprinkle a little ground cumin over the vegetables. Talk about the smell and appearance of the cumin and how a tiny amount of spice can change the smell and flavour of food.

- Squeeze lemon juice over the vegetables. Let the children hold, squeeze or roll the lemon before cutting if they want to. “how does the lemon feel?” “is it smooth, bumpy, firm, soft?” “What happens when we squeeze it?”

- Chop, tear or cut with scissors the coriander leaves and add into the salad. “What does it smell like when you rub it gently?” “Is the smell strong or gentle?”

- Mix all the vegetables together. “What colours can you see now?” “Can you spot the coriander?” “Has the smell changed?” “Does it look different from before?”. Encourage children to describe the salad.

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Nutritious delight with every bite

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