

Salad Recipes

Jam Jar Salad Dressing	Green Salad	Potato or Pasta Salad	Flavoured Mayonnaise Dressing
<p>¼ of a clove of garlic</p> <p>6 tablespoons virgin olive oil</p> <p>1 teaspoon of Dijon mustard</p> <p>Sea salt and black pepper</p> <p>2 tablespoons red wine vinegar</p>	<p>Lettuce leaves</p> <p>Cucumber</p> <p>Cherry tomatoes</p> <p>Fresh herbs</p> <p>Spring onion or red salad onion</p>	<p>100g dried pasta (short) OR 100g large potato, cubed.</p> <p>¼ red pepper, diced finely</p> <p>1 spring onion</p> <p>2 tablespoons sweet corn</p>	<p>3 or 4 tablespoons mayonnaise Mix any of the following through the mayonnaise:</p> <p>+ finely chopped fresh herbs or</p> <p>+ 1 tablespoon sweet chili sauce or</p> <p>+ 1 teaspoon wholegrain mustard</p> <p>+ 1 tablespoon ketchup or</p> <p>+ lemon zest & black pepper or</p> <p>+ ¼ teaspoon curry powder or</p> <p>+ lemon juice & chopped gherkins</p> <p>+ 1 tsp minced garlic & mint</p> <p>(Could use ½ mayo & ½ yogurt).</p>
<p>Process: 1. Peel and finely chop the garlic. 2. Put the garlic into a clean jam jar with the Dijon mustard, white or red wine vinegar and extra virgin olive oil. 3. Add a pinch of salt and black pepper. 4. Put the lid on the jar and shake the jar well.</p>	<p>Process: 1. Wash all the salad ingredients. 2. Prepare as required, slice, break up / dice etc. 3. Pour a little of the salad dressing on. 4. Place in serving dish.</p> <p>* Add any manner of salad ingredients that you like, peppers / roast squash etc. * Chicken breast / bacon / croutons / tuna steak / beef</p>	<p>Process: 1. Boil the pasta or potato for about 9 minutes, until just under al-dente. Drain and rinse with cold water. 2. Mix through with the other ingredients and mayonnaise to make your salad.</p> <p>*Prawns, tuna flakes, bacon or pancetta, salmon or smoked salmon, diced hard boiled eggs</p>	