

SALADS WITH MEAT & POULTRY



buffalo chicken salad with blue cheese dressing p.16



thai beef salad with sweet potatoes p.20



mojo pork salad with corn & avocado p.22



chicken caesar salad with parmesan kale chips p.24



grilled chorizo salad with baby potatoes p.26



broccoli bacon with apple & creamy dressing p.28



blt salad with avocado and grilled turkey p.30



crispy duck salad with balsamic cherries p.32



fennel & orange salad with smoky turkey p.36



turmeric chicken with kale & honey lime dressing p.38



fancy celeriac slaw with pancetta & pine nuts p.40



coronation chicken with a modern twist p.42



orange chilli chicken with red cabbage & pepitas p.44



keto swiss salad with ham & cheese p.46



chicken pesto salad with roasted pumpkin p.48



kale, bacon & caramelised onion salad p.50

SALADS WITH FISH & SEAFOOD



summer salad with mango & prawns p.52



superfood kale salad with cajun grilled salmon p.54



prawns & collard greens with cashew satay p.56



japanese cod with sesame cucumber carrot salad p.58



salad niçoise with asparagus & pickled onions p.60



creamy tuna salad done two ways - version one p.62



creamy tuna salad done two ways - version two p.62



crab avocado & asparagus with grapefruit aioli p.64

VEGETARIAN & PLANT-BASED SALADS



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honey ginger tempeh buddha bowl salad p.68



balsamic strawberries with ricotta & pistachios p.72



cowboy salsa salad with cooked quinoa p.74



mushroom & artichokes with parmesan crisps p.76



grilled vegetables with halloumi cheese p.78



loaded coleslaw with creamy basil dressing p.80



rice & vegetable salad with pesto & olives p.82



beets & pumpkin with maple spiced walnuts p.84



eggplant caprese salad with fried garlic & balsamic p.86



tomato avocado salad with oregano & pine nuts p.88



parsley tabouleh salad with kale & almonds p.90



ukrainian vinegret with beetroot & potatoes p.92



green detox salad with avocado & celery p.94



beetroot & carrot salad with moroccan dressing p.96



very good greek salad with capers & oregano p.98

5-MINUTES SALADS



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smoked trout salad with macadamia nuts p.102



prosciutto pear and parmesan salad p.103



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SALADS IN A JAR



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sardines & celeriac with chunky avo dressing p.107



mexican prawns with tomato salsa salad p.108



grilled vegetable salad with almonds & balsamic p.109

SALAD DRESSINGS



- sugar-free lemon mustard dressing p.110
- honey lemon & thyme dressing p.110
- multi-purpose zesty asian dressing p.110
- dairy-free ranch dressing p.110
- moroccan nut butter dressing p.110
- sun-dried tomato dressing p.111
- italian vinaigrette p.111