



Broccoli Goat's Cheese and Ancient Grain Salad

Serves 4

Ingredients:

- 1 cup ancient grains
- 2 cups low sodium vegetable stock
- 1 lemon, juice and zest of
- 4 cups broccolini
- 2 cups cherry tomatoes, cut in half
- ¼ cup raisins
- ¼ cup pine nuts
- ½ cup goat's cheese, crumbled
- ¼ teaspoon chili flakes
- ¼ teaspoon cumin

Dressing:

- 1 lemon, zest and juice of
- 3 tablespoons extra virgin olive oil
- 1 tablespoon mint leaves
- 1 tablespoon cilantro leaves
- 1 tablespoon parsley leaves

How to make:

1. Place the ancient grains into a saucepan and the stock, zest and lemon juice, place on the stove bring to a boil, then turn down to a simmer, cook for 20 to 25 minutes or until tender.
2. Bring a large pot of lightly salted water to the boil, add the broccolini and boil for 2 to 3 minutes, or until fork tender. Drain well and set aside keep warm.
3. For the dressing, place all the ingredients into a blender and blend until smooth.
4. In a large salad bowl, combine the broccolini, tomatoes, ancient grains, feta, raisins and herb dressing.
5. Sprinkle over the chili flakes, cumin, and goat's cheese, lightly toss to coat, serve and enjoy!!!! This dish is great hot or cold.

Chopped Summer Fruit Salad

Serves 4

Ingredients:

- 1 pink grapefruit, peeled and cut into thick chunks or slices
- 2 small oranges, peeled and cut into thick chunks or slices
- 1 cup pomegranate seeds
- ½ cup baby yellow tomatoes, cut in half
- 1 lime, juice and zest of
- 2 tablespoons citrus juice (save any juice from the grapefruit or oranges when you cut them)
- 1 avocado, peeled, stone removed and cut into chunks
- 4 tablespoons unsalted pistachio nuts, crushed
- ½ cup Greek yogurt
- 2 tablespoons freshly chopped tarragon leaves

How to make:

1. Place the chopped citrus fruit and pomegranate seeds into a large salad bowl. In a small bowl, add the fruit juice followed by the chopped avocado pieces. Carefully spoon over the juice to cover the avocado to prevent it from discoloring.
2. Carefully add the avocado chunks to the citrus fruit. Scatter over the crushed pistachio nuts.
3. Whisk together the yogurt and chopped tarragon leaves. Either serve separately or drizzle the yogurt dressing over the citrus salad and serve.

Cucumber & Noodle Salad with Harissa Sesame Dressing

Serves 4-6

Ingredients:

- 1 packet fresh noodles (your choice)
- 2 cups bean sprouts
- ½ cucumber, cut in half lengthways, seeds removed, cucumber flesh cut into thin strips
- 2 spring onions, finely chopped
- 2 tablespoons freshly chopped cilantro
- 2 tablespoons roasted peanuts, crushed
- Dressing:
 - 2 tablespoons low sodium soy sauce
 - 2 tablespoons honey
 - 2 tablespoons tamari
- 2 tablespoons rice vinegar
- 1 tablespoon fish sauce
- 1 tablespoon sesame oil
- 1 to 2 teaspoons harissa paste (depends on how hot you like it)

How to make:

1. Place the noodles into a large bowl and cover with boiling water, allow to stand for ten minutes, then drain and pour over cold water to chill the noodles, allow to cool.
2. Make the dressing by adding all the ingredients to a small bowl and whisk to combine, add a little water if to thin, set a side.
3. Combine the noodles with the vegetables, peanuts and dressing, tossing well to combine. Divide into four bowls and finish with a final sprinkle of chopped cilantro and crushed peanuts before serving.

Green Beans, Avocado, Quinoa and Radish Salad

Serves 4

Ingredients:

- 1 cup quinoa, rinse
- 2 cups fine green beans, trimmed, and sliced in half lengthwise
- 1 cloves garlic, minced
- 4 tablespoons olive oil
- 1 small lemon, zest & juice of
- ½ teaspoon ground cumin
- ½ teaspoon turmeric
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ½ cup radishes, thinly sliced
- 2 ripe avocados, halve, pit, peel and slice
- 2 cups mixed salad leaves
- 1 tablespoon freshly chopped cilantro

How to Make

1. Place the rinsed quinoa into a medium size saucepan and cover with 2 cups of cold water, then place on the stove over a medium heat.
2. Bring to the boil, then reduce the heat and simmer for 12 to 15 minutes, or until tender.
3. Remove the pan from the heat, rinse the quinoa with cold water and drain well, place into a large salad bowl.
4. Meanwhile, cook the green beans in lightly salted boiling water for 2 to 3 minutes, until just tender. Drain and rinse with cold water, add the beans to the quinoa.
5. Take a small bowl and whisk the garlic, oil, lemon zest/juice, cumin, turmeric, salt and pepper together to form the dressing, then pour over the quinoa and beans, stir well to evenly coat.
6. Add the radish, avocado, salad leaves and chopped cilantro, to the salad bowl, very lightly toss together and serve.