



kumara, rocket and cashew salad SERVES 4

INGREDIENTS

2 kumara, peeled and diced
½ cup crushed pineapple
1 Tbsp cashew nuts
salt and pepper to taste
2 cups rocket

METHOD

Preheat oven to 180°C.
Spray a baking dish with oil.
Place kumara in baking dish and cook for 20 minutes.
Add pineapple, nuts, salt and pepper,
stir and bake a further 15 minutes
or until kumara is soft,
stirring occasionally.
Place rocket in bowls,
arrange kumara and nuts
on top and serve.



radish and cucumber salad

SERVES 4

INGREDIENTS

4–5 radishes, finely diced
½ telegraph cucumber,
deseeded and finely diced
2 Tbsp chopped fresh mint leaves
2 Tbsp chopped fresh parsley, optional
salt and freshly ground black pepper to taste

METHOD

Combine all ingredients together in a bowl.
Cover, leave in refrigerator for 30 minutes and
then serve.

Variation: Add 2 Tbsp mayonnaise and use as a
filling in wraps or rolls.



salad days

Celebrating fresh New Zealand grown vegetables



For more great recipes with fresh New Zealand grown
vegetables visit www.vegetables.co.nz

Horticulture New Zealand, PO Box 10232,
Wellington 6143

For great tasty ideas and recipes visit
www.vegetables.co.nz



asparagus and red capsicum salad SERVES 2-3

INGREDIENTS

- 1 bunch asparagus
- 1 red capsicum, cored and diced

Mustard dressing:

- 1 Tbsp vegetable oil
- 2 Tbsp white vinegar
- 1 tsp prepared wholegrain mustard
- 1 tsp sugar

METHOD

Cut asparagus into 5cm lengths. Blanch in boiling water for 2-3 minutes. Cool under cold running water. Drain.

Place cooled asparagus and capsicum in a serving dish.

Blend oil, vinegar, mustard and sugar together. Pour over the asparagus mixture. Mix well.

Variation: Use 8-10 strawberries, halved, in place of red capsicum.



dressing up the leaves

Drizzle one of these dressings over salad leaves for 4 and toss gently.

LEMON VINAIGRETTE

- 2 Tbsp lemon rind
- ¼ cup lemon juice
- ¼ cup light olive oil
- 1 Tbsp sugar
- freshly ground black pepper to taste
- ¼ cup fresh coriander leaves (optional)

Place in a screw top jar and shake to combine.

CREAMY DRESSING

- 1 onion, peeled
- 1 clove garlic, peeled
- 2 Tbsp sugar
- 2 Tbsp vinegar
- 2 Tbsp light olive oil
- 2 Tbsp water

Using a food processor blend onion, garlic, sugar, vinegar, oil and water together until thick and creamy.

Alternatively, chop onion and garlic very finely and mix with remaining ingredients.

ASIAN FLAVOURS DRESSING

- 1 Tbsp sesame oil
- 2 Tbsp vegetable oil
- 1 Tbsp rice wine vinegar
- 1 tsp grated fresh ginger
- 1 clove garlic, crushed

Place oils, vinegar, ginger and garlic in a small bowl and mix well.



beetroot and watercress salad

SERVES 4

INGREDIENTS

- 2 medium beetroot
- 2 handfuls watercress leaves
- 1-2 Tbsp crumbly blue cheese
- 2 Tbsp French dressing

METHOD

Place beetroot in saucepan, cover with water and bring to the boil. Reduce heat and simmer for 20-30 minutes or until tender. Cool and then peel skin off.

Slice beetroot into cubes or sticks.

Place watercress in a bowl or platter, add beetroot and cheese.

Drizzle with French dressing and serve.

