



# Salad Days

Celebrating fresh New Zealand grown vegetables

## 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.

## Kūmara, rocket and cashew salad SERVES 4



### INGREDIENTS

- 2 kūmara, peeled and diced
- ½ cup crushed pineapple, drained
- 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 kūmara in baking dish and cook for 20 minutes.
- Add pineapple, nuts, salt and pepper, stir and bake a further 15 minutes or until kūmara is soft, stirring occasionally.
- Place rocket in bowls, arrange kūmara and nuts on top and serve.

For more great recipes with fresh New Zealand grown vegetables visit [www.vegetables.co.nz](http://www.vegetables.co.nz)

Horticulture New Zealand,  
PO Box 10232, Wellington 6143



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# Cauliflower tabbouleh salad

SERVES 4

## INGREDIENTS

- ½ cauliflower, roughly chopped
- 2 Tbsp canola oil
- 2 cloves garlic, crushed
- 1 cup chopped fresh parsley
- ¼ cup chopped fresh mint
- 2 spring onions, sliced
- 1 Tbsp lemon zest
- ¼ cup lemon juice
- 1 tsp cracked black pepper
- 1½ cups diced tomatoes

## METHOD

- Place cauliflower in a food processor in small batches and pulse until it resembles couscous.
- Heat the oil in a large frying pan and sauté the cauliflower and garlic over medium heat until soft.
- Remove from heat and allow to cool.
- When cool mix through the remaining ingredients. Serve.



## 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.

