

Christmas Salads

Red Christmas Salad

Ingredients

1 pomegranate (seeds removed from skin) or if can't get then 1 punnet of strawberries or cubed watermelon	½ cup pitted and chopped Kalamata olives
400g cherry tomatoes quartered	½ cup of roasted nuts of your choice
1 cup of cooked Madagascar beans or kidney beans	½ cup of parsley leaves
1 red onion finely sliced	2 tsp pomegranate molasses
2 garlic cloves minced	Juice of ½ to 1 lemon
Splash of olive oil	¼ cup olive oil
	Salt and pepper to taste

Method

1. Mix the pomegranate molasses, lemon juice, ¼ cup olive oil and salt and pepper together.
2. Place the splash of olive oil in a frying pan and heat for a minute or so then add the red onion and a couple of pinches of salt and cook for 3 minutes, then add the garlic and cook for a further 2 minutes.
3. Place the onion and dressing in a bowl and gently fold in all the other ingredients.

Note if you don't eat this salad on the day of making the tomatoes will lose their juice and the salad will become more marinated and liquidy. If you prefer this not to happen only dress the salad just before eating.

Green Christmas Salad

Ingredients

1 large head of lettuce
2 bunches of asparagus (woody end snapped off)
1 bunch broccolini (each floret cut in half lengthways)
3 slices stale sour dough bread toasted and then cubed
¼ cup pine nuts toasted in a frying pan until they brown a little
1 cucumber deseeded and sliced
1 tbsp olive oil
Salt and pepper

Egg Dressing

½ cup malt free soy milk
½ tablespoon nutritional yeast flakes
½ to 1 tsp black salt
Pinch turmeric
Cracked black pepper
¾ cup sunflower oil
Juice of ½ lemon

Method

1. To make the dressing, place all the ingredients in a blender and blend until emulsified.
2. Place the olive oil and salt and pepper in a mixing bowl. Add the asparagus and broccolini and coat each piece with the oil. There won't be much oil.
3. Chargrill the broccolini and asparagus.
4. Place the lettuce, chargrilled veg, cucumber, bread cubes and pine nuts in a salad bowl. Serve the dressing on the side.



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