

Salad Dressings:

A Make, Shake and Store Dressing

Citrus Dressing

Makes about 160ml

1 orange, zest and juice
1 lemon, juice only
3 tbsp rice vinegar
100ml extra virgin olive oil
½ tsp fennel seeds
1 tbsp finely chopped chives
½ tsp Dijon mustard
1 tsp sugar
Salt and freshly ground black pepper

Place all the ingredients into a jar. Seal with a lid.

Shake very well.

Check the seasoning, adding a little more sugar, salt and pepper if needed.

This dressing will keep sealed in the fridge for 2 to 3 weeks.

Sesame Miso Dressing

Makes about 100ml

1½ tsp miso paste
3 tbsp rice vinegar
2 tsp honey
1cm fresh ginger, grated
1 lemon, juice only
4 tbsp rapeseed oil
2 tsp sesame seeds, toasted
Small bunch coriander leaves, chopped

To make the dressing, place the miso paste and rice vinegar into a bottle. Add the honey, grated ginger, lemon juice, rapeseed oil, sesame seeds and coriander leaves together. Place the lid on and shake very well until smooth.

This will keep in the fridge, sealed for 2 weeks.

Salads:

Easy Vietnamese Chicken Salad

Serves 4

For the dressing

2 shallots, finely chopped

1 tbsp rapeseed oil

2 tbsp fish sauce

1½ tbsp caster sugar

2 limes, juice of 2 and zest of 1

1 tbsp white wine vinegar

2 tbsp cold water

½ red chilli, very finely chopped

1 medium garlic clove, finely chopped

Salt, to season

For the salad

2 large carrots, peeled

1 red onion

A bunch of coriander

10 mint leaves

½ fresh pineapple, cored, sliced and diced

200g Chinese cabbage, shredded

300g shredded roasted chicken

4 tbsp chopped toasted cashews

Shredded mint leaves, for the top

To prepare the dressing, heat the oil in a frying pan and add the shallots, sauté on a very low heat until cooked. Leave to cool. Transfer to a bowl.

Stir in the fish sauce, caster sugar, lime juice and zest, wine vinegar, cold water, red chilli and garlic. Stir very well.

Season with salt and set aside.

For the salad, grate the carrots and add to a large bowl.

Slice the red onion thinly and add to the bowl with the carrots.

Shred the coriander and mint leaves and place in the bowl.

Toss them lightly.

Add the Chinese cabbage, pineapple and chicken.

Spoon in some of the dressing and toss well.

Finally sprinkle over the mint leaves toasted cashews

Serve the rest of the dressing separately.

Thai Prawn Salad

Serves 4

For the marinade

1 lime, juice and zest
2 tbsp nam pla (fish sauce)
2 tbsp water
1 tbsp light brown sugar
1cm fresh ginger, grated
2 tbsp rapeseed oil
1 tbsp toasted sesame oil

2 spring onions, sliced
1 red chilli, sliced on the diagonal
350g raw deveined prawns, shells removed

For the dressing

3 tbsp smooth peanut butter
1 lime, juice only
1 tbsp rapeseed oil
½ tsp brown sugar
Fine grating of fresh ginger
2 tbsp soy sauce
2 tbsp water
Freshly ground black pepper

For the salad

100g mixed salad leaves, eg frisee, baby chard, gem
½ cucumber, sliced into ribbons
2 carrots, sliced into ribbons
1 mango sliced into thin strips
4 radishes, sliced
3 tbsp sesame seeds, toasted
A bunch of coriander leaves, for garnishing
Lime wedges, for garnishing

Place all the ingredients for the marinade into a shallow dish and add the prawns, leave to marinade for about 5 minutes.

To make the dressing, place all the ingredients into a bowl and whisk very well. Season with a little pepper and set aside.

In the meantime, place the salad leaves, cucumber ribbons, carrot ribbons, mango and radishes onto a large serving platter. Drizzle with a little dressing.

To cook the prawns, remove from the marinade and lightly pat dry with kitchen paper. Preheat a large frying pan with a little oil over a medium to high heat.

When the pan is hot, add the spring onions and red chilli and sauté for 2 minutes before adding the prawns, cooking until they turn pink – this will only take 1 to 2 minutes.

Season with a little salt and freshly ground black pepper and a spritz of lime.

Arrange the cooked spring onions, chillies and prawns on the salad. Top with toasted sesame seeds and coriander with lime wedges on the side. Serve the rest of the dressing in a jug. Serve immediately.