

SALADS

POTATO SALAD

250g potatoes
salad cream or mayonnaise
parsley

Method

1. Peel the potatoes, cut into 1 cm dice. Put in a pan and cover with cold water.
Add a tablespoon of oil and simmer gently for about 5 minutes until tender.
2. Drain and cool. Carefully mix in enough salad cream to coat the potatoes.

Serve in a vegetable dish garnished with parsley.

MEXICAN SALAD

1 red or green pepper
100g small button mushrooms
2 tomatoes
½ cucumber
french dressing

Method

1. Wash the mushrooms, remove the peel and stalks. Cut into slices.
2. Peel the cucumber and cut into 1cm dice. Wash the tomatoes and cut into wedges.
3. Wash the pepper, cut into two and remove the seeds and stalk. Cut into small pieces.
4. Make the french dressing and combine it with all the salad ingredients, mixing them gently until coated.
5. Serve in a salad bowl.

GREEK SALAD

2 beef steak or slicing tomatoes
¼ cucumber, sliced
125g feta cheese, diced
12 pitted black olives (optional)
60ml olive oil
2 tbsp lemon juice
salt and black pepper
1 tbsp chopped fresh oregano

Method

1. Cut tomatoes in half, cut out the core and cut each half into 4 wedges.
2. Put tomatoes into a large salad bowl, add cucumber, feta cheese and olives.
3. Spoon over the olive oil, lemon juice and add salt and pepper to taste, then toss gently to mix.
4. Sprinkle the salad with oregano and serve at once.

RICE SALAD

125g long grain rice
salt and black pepper
½ red pepper cored seeded and diced
small tin sweetcorn & small tin peas
1 tbsp chopped fresh coriander

DRESSING

45ml olive oil
1 tbsp white wine vinegar
1 tbsp Dijon mustard
½ garlic clove (optional)

Method

1. Cook rice in boiling salted water for 12-15 minutes until tender. Drain rice in boiling water and drain again. Transfer to a salad bowl.
2. Make the dressing. Combine olive oil, wine vinegar, mustard, garlic and salt and pepper to taste. Pour over the rice while still warm, stir gently and leave to cool.
3. Add the peas, sweetcorn, red pepper and coriander to the rice and stir gently to combine.

SERVE AT ONCE.

