



# recipe sheet

## Healthy Salads

### APPLE COLESLAW

#### Ingredients (serves 6)

- 1/4 (about 380g) white cabbage, hard core removed, very thinly sliced
- 4 (about 500g) red apples, cored, coarsely grated
- 1/2 small red onion, halved, finely chopped
- 1/2 tsp celery salt
- 1 tsp finely grated lemon rind
- 2 tbs fresh lemon juice
- 125ml (1/4 cup) creme fraiche
- 1 tbs natural yoghurt
- Salt & freshly ground black pepper



#### Method

Combine cabbage, apple, onion, celery salt, and lemon rind and juice in a bowl. Whisk together the creme fraiche and yoghurt in a small bowl. Add the creme fraiche mixture to the cabbage mixture, and gently toss until well combined. Taste and season with salt and pepper. Serve immediately.

#### Notes & tips

This salad is great served with grilled chilli pork chops. If creme fraiche is unavailable, substitute with light sour cream.

### ARTICHOKE, MUSHROOM AND ROCKET SALAD

#### Ingredients (serves 4)

- 150g marinated artichokes, drained
- 200g button mushrooms, halved
- 2/3 cup green olives
- 2 teaspoons lemon juice
- 1 1/2 tablespoons extra virgin olive oil
- 100g baby rocket
- salt and cracked black pepper
- 3/4 cup store-bought babaganoush, to serve



#### Method

Place the artichokes, mushrooms and olives in a large bowl and set aside for 10 minutes. Place the lemon juice and the oil in a small bowl and whisk until combined. To serve, add the rocket leaves to the artichoke mixture. Drizzle with dressing, season with salt and pepper and toss gently. Serve with babaganoush.