

THE NEW GREEN SALAD



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a handful of rocket leaves (do not go overboard with the leaves)

1 x 400 g punnet of baby marrows, diagonally sliced and fried in a little olive oil, seasoned with salt and black pepper

a handful of sugarsnap or mangetout peas (Pour boiling water over them and leave for 5 minutes. Rinse well under cold water and leave in a bowl of cold water until ready to use.)

a bunch of seedless green grapes

a handful of thin asparagus, lightly cooked and cooled in cold water

a handful (about 50 g) of whole almonds, cut in half lengthwise

Arrange rocket leaves on a salad platter. Top with baby marrows, followed by sugarsnap peas, grapes and asparagus.

Sprinkle with almonds.

Drizzle with Lemon and Garlic Yoghurt Dressing (see below) or serve dressing on the side.

Lemon and Garlic Yoghurt Dressing:

125 ml ($\frac{1}{2}$ cup) low-fat plain yoghurt

10 ml (2 tsp) finely grated lemon rind

5 ml (1 tsp) freshly crushed garlic

5 ml (1 tsp) olive oil

5 ml (1 tsp) lemon juice

10 ml (2 tsp) water (or a little more, depending on thickness of yoghurt – brands differ)

salt and milled black pepper to taste

Combine all the ingredients. Keep in the fridge.

Dream up your own green combo:

Use any green fruit or vegetables in season. Take your pick from the recipe ingredients above as well as the list below and make up your own New Green Salad combo.

I always include one or more cooked green vegetables to add substance to the salad.

any salad greens such as watercress, lettuce, baby spinach leaves and rocket

broccoli, lightly cooked

avocado wedges

green pepper, thinly sliced

thin green beans, fried in a little olive oil, seasoned with salt and white pepper

green cabbage, thinly shredded

cucumber, sliced

celery, chopped (not too much, it can be overpowering)

green skinned apple, cut into thin wedges

green melon, cut into thin wedges

Recipe: Louise Groenewald