

DRESSINGS

Don't be hesitant to use dressings that contain quality fats. They are a great accompaniment to salads, protein/veggie meals and grain/veggie meals.

CHERMOULA DRESSING

1 tablespoon sweet paprika
½ teaspoon cayenne pepper
6 garlic cloves, finely chopped
½ cup lemon juice
3 tablespoons finely chopped flat-leaf parsley
3 tablespoons finely chopped coriander
½ cup extra virgin olive oil
sea salt and freshly ground black pepper

Place all the ingredients in a large bowl and whisk to combine well. Allow to sit for 15 minutes before serving.

GINGER LIME DRESSING

3 tablespoons lime juice
3 tablespoons tamari
2 tablespoons finely chopped spring onion
2 tablespoons grated ginger
2 tablespoons toasted sesame oil
2 tablespoons extra virgin olive oil

Place all the ingredients in a small blender and blend until well combined.

LEMON DRESSING

3 tablespoons extra virgin olive oil
2 tablespoons lemon juice
2 teaspoons finely chopped garlic
1 teaspoon chopped thyme or tarragon
½ teaspoon mustard powder
½ teaspoon finely grated lemon zest
sea salt and freshly ground black pepper

Place all the ingredients in a glass jar, seal tightly and shake vigorously for about 30 seconds.

HERBIE SAUCE

juice of 1 lemon
juice of ½ lime
3 tablespoons chopped flat-leaf parsley
1 tablespoon finely chopped basil
1 tablespoon finely chopped oregano
1 tablespoon finely chopped dill
2 garlic cloves, finely chopped
1 bulb spring onion, finely chopped
2 tablespoons extra virgin olive oil
sea salt

Place all the ingredients in a glass jar, seal tightly and shake well, or purée in a blender.

SMOOTH AVOCADO VINAIGRETTE

1 ripe avocado
2 garlic cloves, finely chopped
juice of 1 lime
2 teaspoons extra virgin olive oil
1 bird's eye chilli, seeded and chopped
sea salt and freshly ground black pepper

Place all the ingredients in a blender or food processor and purée until creamy, adding a little water to thin if needed.

TIP: For a variation, add 3–5 chopped basil leaves, 1 teaspoon dulce or kelp flakes and 2–3 chopped spring onions.

HEALTHY GUACAMOLE

2 ripe avocados, mashed
4 spring onions, thinly sliced
1 large tomato, finely diced
2 garlic cloves, crushed
½ jalapeno chilli, finely chopped
½ cup lime juice
3 tablespoons chopped coriander
½ teaspoon sea salt

Place all the ingredients in a bowl and mash with a fork. For a smoother consistency, pulse in a food processor or blender.

TIP: To ripen avocados, leave them overnight in a brown paper bag with a ripe banana.

