

Best **10**


# Scrumptious Spring Salads





Feel your best this season of rebirth, renewal and refreshment by fuelling your body with nutrients thanks to our delicious and healthy spring salad recipes.





**Halloumi, Pomegranate  
and Rocket Salad**





# Halloumi, Pomegranate and Rocket Salad

Serves: 4

## Ingredients

### For the dressing:

- 2 tbsp olive oil
- 2 tbsp pomegranate concentrate
- 1 tbsp lemon juice
- 2 tsp dijon mustard

### For the salad:

- 1 tbsp honey
- 2 tbsp olive oil
- 1/2 cup walnuts (halved)
- 180g halloumi (cut in half lengthwise and thinly sliced)
- 1 bunch rocket
- 50g baby spinach leaves
- 1 pomegranate (seeded)



## Method

1. Preheat your oven to 180°C. Line a baking tray with baking paper and disperse the walnuts over the tray, then drizzling honey over them.
2. Bake the walnuts for about 5 minutes or until they are caramelized. Remove them from the oven and set aside to cool.
3. Make the dressing by combining the pomegranate concentrate, lemon juice, mustard and 2 tbsp of oil in a small bowl and mix until well combined. Season with salt and pepper.
4. Heat the remaining 2 tbsp of oil in a large frying pan over high heat. Add the halloumi to the pan and cook it for 2 minutes, or until golden brown and heated through. Remove from the heat.
5. Place the rocket and spinach in a large bowl. Add the dressing and toss the leaves to combine. Arrange on serving plates. Top with the halloumi and walnuts and sprinkle with pomegranate seeds.





## **Watermelon and Feta Salad**



# Watermelon and Feta Salad

Serves: 4

## Ingredients

### For the dressing:

- 2 tbsp olive oil
- 2 tbsp pomegranate concentrate
- 1 tbsp lemon juice
- 2 tsp dijon mustard

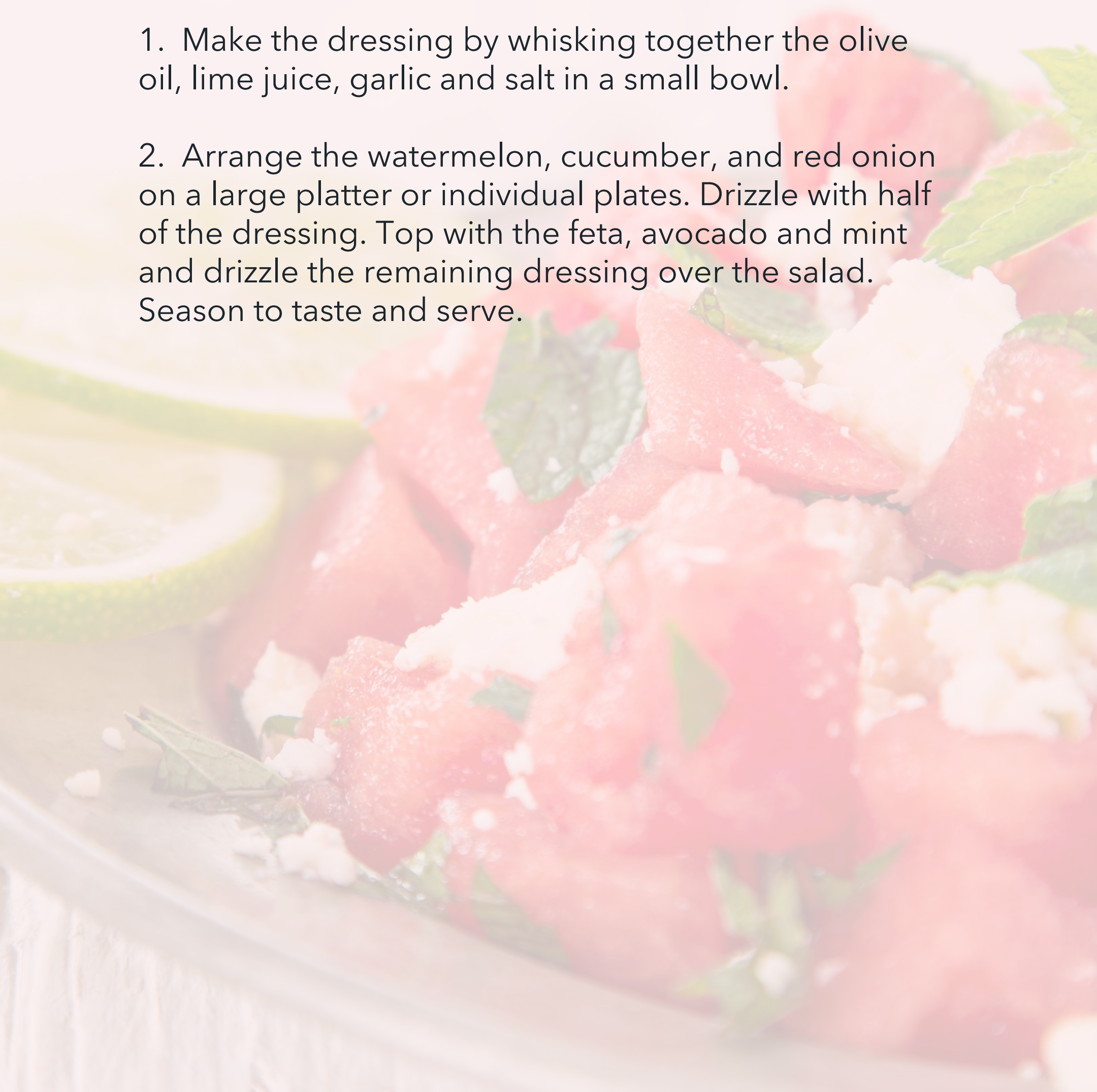
### For the salad:

- 1 tbsp honey
- 2 tbsp olive oil
- 1/2 cup walnuts (halved)
- 180g halloumi (cut in half lengthwise and thinly sliced)
- 1 bunch rocket
- 50g baby spinach leaves
- 1 pomegranate (seeded)



## Method

1. Make the dressing by whisking together the olive oil, lime juice, garlic and salt in a small bowl.
2. Arrange the watermelon, cucumber, and red onion on a large platter or individual plates. Drizzle with half of the dressing. Top with the feta, avocado and mint and drizzle the remaining dressing over the salad. Season to taste and serve.







**Mediterranean Brown  
Rice Salad**



# Mediterranean Brown Rice Salad

Serves: 4-6

## Ingredients

### For the dressing:

- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 garlic clove (minced)
- ¼ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper

### For the salad:

- 1 cup brown rice (uncooked)
- 2 cups water
- 1 tsp olive oil
- ¼ tsp salt
- 2 cups spinach (chopped)
- 1 cup cherry tomatoes (quartered)
- 1 cucumber (diced)
- ½ green bell pepper (diced)
- 1 red onion (diced)
- ¼ cup kalamata olives (sliced or chopped)
- ¼ cup feta cheese (crumbled)



## Method

1. Add the rice, water, oil, and salt to a medium saucepan and bring to a boil over high heat. Cook the rice as per the instructions on the packaging. Remove from the heat and allow the rice to absorb the steam for another 10 minutes, with the lid on the saucepan. Uncover and fluff with a fork.
2. Allow the rice to cool down, to room temperature, or place in the refrigerator for 10-15 minutes.
3. In a large mixing bowl, combine the rice, spinach, tomatoes, cucumber, bell pepper, red onion, olives, and feta.
4. In a small mixing bowl, make the dressing by combining the olive oil, lemon juice, garlic, oregano, salt, and pepper.
5. Pour the dressing over the salad and toss. If the rice is too hard (which can occur when placed in the fridge), allow it to warm to room temperature before serving.





# Feta and Strawberry Chicken Salad



# Feta and Strawberry Chicken Salad

Serves: 2

## Ingredients

### For the dressing:

- 1/2 lemon (zest only)
- 1/4 cup honey
- 1/4 cup olive oil
- Salt and black pepper to taste

### For the salad:

- 1 cup strawberries (sliced)
- 1 handful of watercress (or baby spinach)
- 1 handful rocket
- 1/2 cup celery (chopped)
- 50g feta
- 2 smoked chicken breasts (thinly sliced)
- 1 tsp mixed seeds





## Method

1. Combine all the ingredients for the dressing in a small bowl and mix well.
2. Place the strawberries in a bowl, pour the dressing over them and let the strawberries stand for 15 minutes. Drain the strawberries and keep the leftover dressing.
3. Toss the strawberries, watercress, rocket, celery and crumbled feta together.
4. Transfer the salad to a serving dish or individual plates and top with the sliced chicken
5. Drizzle the remaining dressing over the salad and garnish with mixed seeds.





## ABC Spring Salad





## ABC Spring Salad

Serves: 4

### Ingredients

- 1 apple (cored)
- 2 beetroots (peeled)
- 2 large carrots
- 1 tbsp ginger (freshly grated)
- 1 lime or lemon (juiced)
- 1-2 tbsp olive oil
- Salt
- Pepper
- ¼ cup scallions (thinly sliced)
- ¼ cup walnuts





## Method

1. Shred the apple, beetroots, and carrots by using a grater or the grating attachment of a food processor.
2. Combine the ginger, lemon or lime juice, olive oil, salt, and pepper in a large mixing bowl.
3. Add the grated mixture and toss it in the large mixing bowl. Season to taste with salt and pepper. Serve topped with scallions and walnuts.