

A good dressing maketh the salad. Dressings enhance the flavour of your leaves and salady bits, tying ingredients together. Dressing plays an important nutritional role. Oil assists with the absorption of fat soluble vitamins in fat free ingredients, Vitamin K in the leafy greens and vitamin A in the carrots. The vinegar or citrus plays an anti-microbial role and aids digestion by stimulating gastric enzymes. So no more guilt around dressings please. Now which one to choose...

Balsamic Vinaigrette

3 Tablespoons good Olive Oil
1 tablespoon good balsamic vinegar
Small Pinch sea salt
freshly cracked black pepper
1 clove garlic (optional)

White wine and dijon vinaigrette

1/3 cup good Olive Oil
1 tablespoon caramelised red wine vinegar
2 teaspoons white wine vinegar
3 teaspoons dijon mustard
1 teaspoon honey
1 tablespoon water to thin
Small Pinch sea salt

Soy and Mirin dressing

1 teaspoon minced garlic
1 teaspoon minced ginger
1 tablespoon gluten free soy
1 tablespoon Mirin
1 tablespoon lime juice

Soy and ginger dressing

1 teaspoon Sesame seed oil
1 teaspoon light soy sauce
2 teaspoons Rice wine vinegar
3 teaspoons Olive oil
1 teaspoon minced ginger

Mexican dressing

1 tablespoon lime or lemon Juice
3 tablespoons olive oil
1/2 teaspoon cumin
1/2 teaspoon smoked paprika
Salt and pepper to taste
optional coriander,
1 clove garlic, finely chopped

Pesto dressing

50g parmesan
1 clove garlic
80g walnuts, soaked overnight
2 cups basil, packed
1/2 cup parsley, packed
1 - 1.5 cups olive oil
1/2 cup lemon juice

Green Goddess yoghurt dressing

100g Lebanese cucumber
80g Avocado
35g Mint
40ml Lime juice
1 clove garlic
10g Spanish Onion
20ml Tarragon Leaves
1 teaspoon each black pepper & sea salt
250ml Greek Yoghurt (optional)

Green Goddess Avocado Dressing

120g Lebanese cucumber
100g Avocado
35g Mint stems
20ml Tarragon
10g Spanish Onion
1 teaspoon Cumin
1 clove garlic
1 teaspoon sea salt flakes
1 teaspoon black pepper
40ml lemon juice

Green Goddess Herb dressing

30g coriander stem
30g parsley
10g Tarragon
1 teaspoon cumin
1/2 teaspoon salt
120ml olive oil
50ml lemon juice