



Mexican Coleslaw

SERVES: 8

PREPARATION TIME: 15 minutes

INGREDIENTS

THE DRESSING

1 cup fat-free yoghurt
 ½ cup sour cream
 3 tablespoons fresh lime juice
 1 tablespoon Mexican seasoning or taco seasoning

FOR THE SALAD

250g shredded cabbage
 100g grated carrots, julienned, cut into thin strips
 1 red bell pepper, cut into thin strips
 ¼ cup grated radish
 1 can black beans drained and rinsed
 1½ cups sweetcorn
 1 jalapeno seeded and minced
 ½ cup chopped fresh cilantro
 Pinch of salt
 Fresh ground black pepper

INSTRUCTIONS

FOR THE DRESSING

In a small bowl, stir together yoghurt, sour cream, lime juice, and taco seasoning.

FOR THE SALAD

In a large serving bowl, add cabbage, carrots, red pepper, radish, black beans, corn, jalapeno, and cilantro.

Gently stir in the sour cream dressing.

Season with salt and freshly ground black pepper to taste.

Cover and refrigerate for 30 minutes.





Mediterranean chickpea salad

SERVES: 6

PREPARATION TIME: 20 minutes

INGREDIENTS

FOR THE SALAD

- 1 can chickpeas, drained and rinsed
- 1 medium cucumber, chopped
- 1 bell pepper, chopped
- ½ red onion, thinly sliced
- ½ cup kalamata olives, pitted and chopped
- ⅓ cup feta, crumbled
- Salt and pepper to taste

FOR THE VINAIGRETTE

- ¼ cup extra-virgin olive oil
- ¼ cup white wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon parsley, chopped
- ¼ teaspoon red pepper flakes
- Salt and pepper to taste

INSTRUCTIONS

FOR THE SALAD

In a large bowl, toss together the chickpeas, cucumber, bell pepper, red onion, olives and feta. Season with salt and pepper.

FOR THE VINAIGRETTE

In a jar fitted with a lid, combine the olive oil, vinegar, lemon juice, parsley and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.

Dress the salad with the vinaigrette just before serving.





Charred corn with a chilli, honey, and lime dressing

SERVINGS: 8

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

INGREDIENTS

4 sweet corn cobs
 1 red chilli
 2 cloves garlic, crushed
 1 tbsp honey
 30ml olive oil
 15ml lime juice
 ¼ cup fresh coriander, chopped
 ¼ tsp salt and pepper

INSTRUCTIONS

1. Steam the sweet corn for about 7 mins on 100 degrees.
2. While the corn steams, blend the rest of the ingredients together to make the dressing and allow it to stand.
3. Char the sweet corn on a hot grill until soft and then drizzle the dressing on top and serve warm.

