



Salad Dressings

The wonderful world of salads - It really is all about the dressing!
So here are my top 5. You can make these in small batches and keep them in the fridge in sealed glass jars for 3-5 days.

The Classic Italian

- 4 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- a handful of fresh basil leaves
- salt & pepper

The French One

- 4 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1 tsp Dijon mustard
- salt & pepper

Tahini Dressing (goes great with tofu and raw veggies like grated carrots)

- 1/3 cup tahini
- 1 medium lemon juiced
- 1 clove garlic (minced/optional)
- Water (add and mix until you get the right consistency)

Tzatziki

- 150g natural live yoghurt (or plant-based alternative)
- 1/4 grated cucumber
- 1-2 cloves minced garlic
- 1 small chilli
- salt & pepper

Classic Caesar

- 2 small garlic cloves (minced)
- 1 teaspoon anchovy paste (or finely chopped anchovies from the can)
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 cup good quality mayonnaise
- 1/2 cup freshly ground parmesan
- salt & pepper to taste