

MY FAVOURITE SALAD

INGREDIENTS

Any combination of the following and make sure you include some fermented food *
If you don't have any sauerkraut, add a dollop of natural yoghurt:

Lettuce torn into bite-sized pieces
Tomato – either cherry tomatoes or any other variety, sliced
Avocado half
Home-made sauerkraut (see separate recipe) *
1 dessertspoon Pine nuts
Goji berries
Olives
Marinated red bell pepper (capsicum) * recipe below
Sliced pear
Walnuts
Chopped dried apricots

For protein, add one or more of the following

Firm tofu, marinated, sliced and fried
Marinated fetta or baby bocconcini
Chicken
Tuna or salmon
Hard-boiled eggs cut into quarters

Vinaigrette dressing
3 tablespoons of best quality extra virgin olive oil
1 tablespoon balsamic vinegar (I use the vintage style which is richer in flavour)
Pinch of Stevia to sweeten
You can add garlic if you wish.

Marinated Red Bell Pepper Recipe
Wash bell pepper and dry carefully
Slice into strips, discarding core, seeds and white pith.
Cook slowly until soft and gently browned in approximately ½” of olive oil, turning frequently to avoid burning.
Add finely chopped garlic after you turn off the burner and lightly salt the bell pepper.
Allow to cool and refrigerate. Will keep for 3 days.

METHOD

Wash the lettuce and tomato and pat dry.
Slice and dice the ingredients.
Dry fry the pine nuts until just changing color. Be careful not to burn them. Set aside.
Pan fry the tofu, remove from heat, slice into strips and return to pan, frying on cut sides.
Assemble and toss with vinaigrette.
Enjoy!