

# Salad Dressing



## Easy Couscous Tabouleh

A delicious adaption on this classic using couscous instead of burghul or cracked wheat.

PREPARATION: **5mins** COOKING: **15mins** SERVES: **4**

### Ingredients:

- 3/4 cup (260g) instant couscous
- 2 cups fresh parsley, finely chopped
- 4 ripe tomatoes, finely chopped
- 6 spring onions, finely chopped
- 1/2 cup finely chopped fresh mint
- 1/3 cup KRAFT\* French Salad Dressing
- juice of 1/2 lemon

### Method:

1. **PREPARE** couscous, according to directions on packet.
2. **COMBINE** with remaining ingredients.
3. **CHILL** for 1 hour before serving.



## Spicy Sausage and Chickpea Salad

A family favourite!

PREPARATION: **10mins** COOKING: **0mins** SERVES: **4**

### Ingredients:

- 2 x 310g can chickpeas, rinsed and drained
- 1 green capsicum, finely chopped
- 2 tomatoes, roughly chopped
- 1 red onion, finely chopped
- 10 slices spicy (or mild) salami, cut into strips
- 1/3 cup KRAFT\* Italian Salad Dressing

### Method:

1. **COMBINE** chickpeas, capsicum, tomatoes, onion, and salami in a bowl.
2. **DRIZZLE** with KRAFT\* Italian Salad Dressing.
3. **CHILL** for 1 hour and toss well before serving.



## Beef and Crispy Noodle Salad

PREPARATION: **10mins** COOKING: **10mins** SERVES: **6**

### Ingredients:

- 500g porterhouse steaks
- 2/3 cup KRAFT FREE\* Honey and Soy Salad Dressing
- 100g salad mix, washed
- 1 red onion, finely sliced
- 100g snow or sugar snap peas, blanched
- 1 red pepper, sliced
- 3/4 cup fried noodles
- 1/2 cup roasted cashews

### Method:

1. **MARINATE** the steaks in 1/3 cup of the dressing for 1-2 hours. Char grill or barbecue the beef to your liking.
2. **COMBINE** the lettuce mix with the other vegetables and noodles. Slice the beef and toss through. Drizzle over the remaining KRAFT FREE\* Honey and Soy Salad Dressing and sprinkle with the cashews. Serve immediately.



## Asparagus Stir Fry Salad

A great summertime stir-fry

PREPARATION: **10mins** COOKING: **6mins** SERVES: **4**

### Ingredients:

- 1 tablespoon oil
- 1 red capsicum, cut into strips
- 1 yellow capsicum, cut into strips
- 4 spring onions, diagonally sliced
- 1 teaspoon crushed garlic
- 1 teaspoon grated ginger
- 2 bunches asparagus, blanched and halved
- 1 large carrot, cut into strips, blanched
- 150g punnet baby corn, blanched
- 1/3 cup KRAFT Sensations\* FREE\* Thai Lime & Coriander Dressing
- 1 tablespoon sweet chilli sauce
- 1/2 cup chopped coriander
- 1/2 cup chopped roasted cashews



### Method:

1. **HEAT** the oil in a wok or large frypan and sauté the capsicum, spring onions, garlic and ginger, for 2-3 minutes.
2. **ADD** the asparagus, carrot and baby corn and cook a further 3 minutes. Stir through the dressing, sweet chilli sauce and coriander and serve immediately sprinkled with the cashews.

## Lemon Poppy Seed Coleslaw

A sensational twist on an old favourite

PREPARATION: **10mins** COOKING: **0mins** SERVES: **4**

### Ingredients:

- 2 cups finely shredded red cabbage
- 2 cups finely shredded green cabbage
- 1 large carrot, grated
- 4 spring onions, sliced diagonally
- 1/3 cup KRAFT\* Coleslaw Dressing
- 1 teaspoon finely grated lemon rind
- 2 teaspoons poppyseeds

### Method:

1. **COMBINE** red and green cabbage, carrot, and spring onion in a bowl.
2. **MIX** together the KRAFT\* Coleslaw Salad Dressing, lemon rind and poppyseeds and toss with salad until well combined.
3. **CHILL** before serving.



## Low Fat Caesar

Enjoy - without the guilt trip!

PREPARATION: **15mins** COOKING: **10mins** SERVES: **6**

### Ingredients:

- 6 slices prosciutto
- 3 slices wholegrain bread, crusts removed
- Olive oil spray
- 1 cos lettuce, chopped
- ½ cup KRAFT FREE\* Caesar Dressing
- 9 anchovies (optional), drained on absorbent paper, broken into pieces
- 2 spring onions, finely sliced
- 1 avocado, sliced
- 1 ½ tablespoons KRAFT FREE\* Caesar Dressing
- 30g shaved Parmesan



### Method:

1. **LAY** prosciutto on an oven tray, and bake at 180°C fan-forced for 6-8 minutes until crisp. Remove to absorbent paper, and break into pieces.
2. **CUT** bread into triangular pieces, and lightly spray with olive oil. Bake for 5 minutes until golden and crisp.
3. **TOSS** together the cos and dressing; pile onto a serving platter or plates. Top with prosciutto, croutons, anchovies, spring onions, avocado, extra dressing and Parmesan. Serve immediately.
4. **OPTIONAL:** Serve with a poached egg or lean grilled chicken breast for a more substantial salad.