



**EON Foundation**  
Growing healthier communities

# Saldad

## Recipes

## SALADS

# CABBAGE NOODLE SALAD

THIS MEAL SERVES **SIX PEOPLE**



## INGREDIENTS

### SALAD

- ½ cabbage (of any type) finely shredded or sliced
- 6 finely chopped spring onions
- 1 packet of fried noodles

### DRESSING

- 1 chilli finely chopped
- ¼ cup of vinegar
- ¼ cup of Caster sugar
- 1 tablespoon of soy sauce
- ½ cup of olive oil

## COOKING METHOD STEP BY STEP

1. Put all dressing ingredients in a jar and shake well.
2. Place all salad and noodles in bowl.
3. Pour prepared dressing over the salad and toss.

## SALADS

# TABOULEH SALAD

THIS MEAL SERVES **SIX PEOPLE**



## INGREDIENTS

- ½ cup cracked wheat
- 2 bunches of parsley, chopped
- Handful of mint, chopped
- ½ bunch of spring onions, finely chopped
- 3 large tomatoes, chopped
- ½ cup olive oil
- ¼ cup lemon juice

## COOKING METHOD STEP BY STEP

1. Soak cracked wheat in ½ cup of boiled water and cover with a lid for 30 minutes or until soft.
2. In a large bowl mix parsley, mint, spring onions and tomatoes.
3. Drain the wheat and then push with the back of a spoon or squeeze the wheat to get the moisture out.
4. Add wheat to the vegetable mix.
5. Add the oil and lemon juice and mix together.
6. Put in the fridge and serve it cold.

## SALADS

# GREEN PAW-PAW SALAD

THIS MEAL SERVES **SIX PEOPLE**



## INGREDIENTS

- 2 cloves of garlic
- 2 chillies
- 2 cups of baby tomatoes cut in halves
- 2 tablespoons tamarind juice (if available)
- 1 shredded green paw paw
- 1 lemon
- 1 teaspoon of sugar
- 1 teaspoon of fish sauce
- ½ cup fresh coriander
- 1 pinch salt

## COOKING METHOD STEP BY STEP

1. Pound garlic, chillies, tomatoes and tamarind juice together in a stone pestle (or grate and put in bowl).
2. Add the shredded/grated paw-paw.
3. Add juice from 1 lemon, pinch of salt, 1 teaspoon of sugar.
4. Add fish sauce and half a cup of fresh coriander finely chopped.
5. Mix all ingredients together and serve.

## SALADS

# SWEET POTATO SALAD

THIS MEAL SERVES **FOUR PEOPLE**



## INGREDIENTS

### SALAD

- 3 sweet potatoes
- 1 cup cherry tomatoes or 3 large tomatoes
- 1 tablespoon oil
- Pinch salt
- Pinch pepper
- 150 grams of garden greens (Lettuce, baby spinach, parsley etc)
- 1 avocado
- 125 grams feta cheese
- 2 hard-boiled eggs

### DRESSING

- 3 tablespoons of honey
- 2 tablespoons red vinegar
- 1 tablespoon oil

## COOKING METHOD STEP BY STEP

1. Preheat oven to 200 degrees (or if no oven, pan fry on low heat in oil until soft).
2. Place sweet potato on baking paper and drizzle with oil, salt and pepper and bake for 25 minutes until golden brown.
3. Boil the eggs in a small saucepan of water for 6-7 minutes. Set them aside to cool or run under cold water. Peel the shell and cut into halves or quarters.
4. Put the garden greens on a plate then the sweet potato. Then sprinkle avocado, feta cheese and eggs over them.
5. Put honey, vinegar and olive oil in a jar with a lid and shake.
6. Pour dressing over salad and serve.

## SALADS

# TUNA AND EGG SALAD

THIS MEAL SERVES **SIX PEOPLE**



## INGREDIENTS

### SALAD

- 3 cups of any salad greens
- 2 cups of green beans, or asparagus
- 2 small cans of tuna in spring water, drained
- 1 small red onion, or half of a large red onion, sliced thinly
- 5 tomatoes, chopped
- 3 boiled eggs
- 1 cup of sliced cucumber
- 1 yellow or red capsicum, sliced thinly

### DRESSING

- ½ lemon juice
- 1 teaspoon wholegrain mustard
- 2 cloves of garlic, crushed and chopped
- 1 teaspoon honey

## COOKING METHOD STEP BY STEP

1. Cut both the ends of the beans or the bottom end of asparagus.
2. Put 2 cups of water on a pot and bring the water to the boil.
3. Reduce the heat to low, then add the eggs and the beans/asparagus to the pot and steam them for 8-10 minutes or until they are cooked but still a little bit hard.
4. Drain the eggs and beans into a colander, and let them cool to the side.
5. Chop the salad greens, small red onion, tomatoes, cucumber and capsicum.
6. On a large platter or plate, sprinkle the greens, onion, tomatoes, cucumber and capsicum in layers.
7. Cut the beans/asparagus into half and sprinkle on salad.
8. Peel the eggs once they are cool and slice into 4 pieces each and sprinkle them on the salad.
9. Make the dressing by putting the lemon juice, mustard, garlic and honey in a jar, close the lid and shake, or in a small bowl, and mix with a spoon until all ingredients are mixed.
10. Pour the dressing over the salad and mix it up.
11. Add the tuna to the top of the salad and serve.