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| **Apple Radish Salad**  **160g** mixed salad leaves, larger pieces torn, long stems removed  **5** radishes, cut into wedges  **2** apples, peeled, cut into wedges  **½** lemon, juiced  **1 tsp** sherry vinegar or red wine vinegar  **1 tbsp** Avocado oil (or EVOO)  **1 tsp** olive oil  **¼ cup** *lovage* (see Note) or young celery leaves   * *Toss salad leaves gently with radishes and apples. Mix lemon juice and vinegar with the oils and season with salt and pepper. Pour over salad and toss to coat. Add lovage just before serving.* | Lemony roasted cauliflower salad  1 head of cauliflower, cut into bite size florets  3 spring onions, cut into 1cm  1 red onion quartered and roasted  2 garlic cloves, skin ON and roasted  2 cups rocket or salad leaves  1 Tbs Olive oil  1 tsp picked oregano  1 tsp chopped dill or parsley  1 Lemon zested and juiced  ½ cup parmesan cheese  (we could also use feta)  Roast the cauliflower with onions and garlic. Squeeze the roast garlic out of its skin into the dressing.  Make the dressing and drizzle over the greens, cauli and onions, top with more greens and sprinkle the cheese over the top and serve. |
| *Red cabbage and APPLE Salad*  700 g red cabbage, finely chopped  1 tbsp salt  1 tbsp apple vinegar  3 tbsp lemon juice  2 tbsp orange juice  1 tsp caraway seeds  5 tbsp rapeseed oil  1 tbsp ground black pepper  2 sour apples, peeled, sliced  2 cups garden green bitter leaves  Mix the cabbage with 1 tbsp salt and allow to steep for 15–20 minutes stirring occasionally. Mix together the vinegar, lemon juice, orange juice, caraway seeds, rapeseed oil and pepper to make a dressing. Stir in the red cabbage, bitter leaves and the apple slices, season and serve. | **Winter leaf** and **apple** salad with crispy quinoa **and Dijon dressing** **½ cup** multi-coloured quinoa  **¾ cup** water  **1** pinch salt  **2 tbsp** olive oil  **⅓ cup** extra virgin olive oil  **¼ cup** cider vinegar  **2 tsp** Dijon mustard  **1 tsp** honey  **1** small radicchio, broken into pieces  **2** handfuls wild rocket  **2** red winter apples (like gala)  **½** bunch continental parsley, broken into sprigs  salt flakes and freshly ground black pepper, to taste  Cook Quinoa in the water with lid on, 10 mins or until water is absorbed.  Wash the salad leaves, then pan fry the quinoa in a little olive oil until crispy. Allow to cool.  Mix the vinegar, mustard, honey and olive oil.  Chop the parsley, slice the apple and mix with the bitter leaves then dress the salad and serve. |

NOTE:

How is lovage (and other greens) good for you?

Like many other green, leafy herbs, lovage is low in calories and contains lots of vitamin C. One of its most distinctive characteristics is its hefty quercetin content. Lovage has also been known as a medicinal herb for ailments including pain, inflammation, indigestion, joint pain and headaches.