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|  Rocket Salad* 4 radishes, finely sliced
* ½ bunch dill, roughly torn
* 2 small lettuce, washed and torn
* 100g chick peas, soaked and cooked
* Handful rocket, washed
* 2 small onions, finely sliced
* 60ml red wine vinegar
* 1 tsp Dijon mustard
* 60ml olive oil
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|  Potato Salad1 kg potatoes, small pieces cookedSmall bunch chives, finely sliced½ cup mayo2 Tbsp lemon juice½ tsp salt and pepper15 lettuce leaves, halved½ tsp Fennel seeds, toasted¼ tsp cayenne pepper |

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| **MORROCAN QUINOA SALAD**2/3 cup [uncooked quinoa](https://amzn.to/30eFq7P), *cook*2 cans chickpeas *rinsed and drained*3 cups grated carrot *freshly grated from about 4 large/medium carrots*20 rocket leaves1/3 cup toasted *pumpkin seeds (pepitas)*1/3 cup crumbled feta *omit to make vegan*1/4 cup *chopped dried dates*3 tablespoons chopped fresh mint3 tablespoons [extra-virgin olive oil](https://amzn.to/3m9foxM)3 tablespoons lemon juice *about 1 small lemon*1 teaspoon [Dijon mustard](https://amzn.to/3J3ZGMr)1 teaspoon maple syrup *or honey*3/4 teaspoon [ground chili powder](https://amzn.to/3mg0cPw)1/2 teaspoon [salt](https://amzn.to/3KMzDLV) *plus additional to taste*1/4 teaspoon [ground cinnamon](https://amzn.to/3Ygqhvh) |
| JO roasted onion and rocket salad2 red onions, quartered½ cup parmesan, shaved4 cups rocket leaves1/3 cup seeds toasted (pine nuts are great)Balsamic vinegarExtra Virgin Olive oil4 sprigs of thymePinch salt |