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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 |
| Potato Salad  1 kg potatoes, small pieces cooked  Small bunch chives, finely sliced  ½ cup mayo  2 Tbsp lemon juice  ½ tsp salt and pepper  15 lettuce leaves, halved  ½ tsp Fennel seeds, toasted  ¼ 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 leaves  1/3 cup toasted *pumpkin seeds (pepitas)*  1/3 cup crumbled feta *omit to make vegan*  1/4 cup *chopped dried dates*  3 tablespoons chopped fresh mint  3 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 salad  2 red onions, quartered  ½ cup parmesan, shaved  4 cups rocket leaves  1/3 cup seeds toasted  (pine nuts are great)  Balsamic vinegar  Extra Virgin Olive oil  4 sprigs of thyme  Pinch salt |