

# RECIPES

## *salads & sides*

These salads and sides are quick and will complement your main meal perfectly. Better still, they are tasty, quick to make and go a long way to serving a crowd

2019  
**LONGEST**  
LUTHERAN LUNCH

GOURMET  
**GRACE**  
GATHERING

**LUTHERAN**  
**CHURCH**  
OF AUSTRALIA  
*where love comes to life*

Making salads in advance doesn't mean you will have a soggy salad ... put your dressing in the bottom of your salad bowl, top with hard vegetables, then the rest of the ingredients. Cover with a damp paper towel and refrigerate up to 12 hours. Mix when ready to serve.

### WARM ROAST POTATO SALAD

1.5kg small chat potatoes, halved  
5 slices prosciutto, chopped and cooked  
2 tabs oil  
¼ cup sour cream  
¼ cup whole egg mayonnaise  
1 tabs lemon juice  
1 tabs baby capers  
1 tabs chopped flat parsley leaves  
1 tabs chopped basil leaves

Roast potatoes until cooked. Add cooked prosciutto. Season with pepper. Combine all other ingredients and mix into potatoes. Sprinkle with extra basil and parsley.

### CORN & AVOCADO SALSA WITH ZESTY LIME DRESSING

2 cups corn kernels  
2 avocados, diced  
1 punnet cherry tomatoes, halved  
1 tin black beans, rinsed  
2 Lebanese cucumbers, seeded and diced  
2 tabs red onion, diced  
1 bag rocket  
2 tabs lime juice  
¼ cup olive oil  
2 tabs white vinegar  
salt, pepper

Line serving bowl with rocket. Dice avocado and sprinkle with lime or lemon juice to prevent browning. Mix corn, avocado, onion, beans and cucumber together and add to rocket. Mix dressing ingredients and pour over salad, toss gently.

### CRUNCHY NOODLE SALAD

*Asian inspired, this salad goes well with a BBQ*

1 cup slivered almonds  
1 cup sunflower seeds  
2 pkcts Changs ready-fried noodles  
1 bunch spring onions, sliced  
1 Chinese Cabbage, shredded

Dressing:

½ cup caster sugar  
¼ cup vinegar  
½ cup olive oil  
2 tabs soy sauce

Fry almonds and seeds in butter until just brown, let cool. In a large bowl, mix cabbage, onion, and noodles. Just before serving, add dressing and mix well.

### ISRAELI PEARL COUSCOUS SALAD

½ cup olive oil  
2 tabs vinegar  
1 ½ tsp smoked paprika  
salt, pepper  
1 1/3 cups Pearl Couscous  
2 cups spinach leaves, coarsely chopped  
1 punnet cherry tomatoes, halved  
1 cup feta cheese, coarsely chopped  
1 cup roasted capsicum strips, chopped  
½ cup parsley, chopped  
1/2 cup slivered almonds, toasted  
¼ cup fresh mint, chopped

Whisk oil, vinegar, paprika, salt & pepper in a bowl until smooth. Heat 1 tabs oil in a pan, add couscous and stir until browned. Add 2 cups water, 2 tsp salt and bring to a boil. Cover and simmer until couscous is tender and liquid absorbed, 9-10mins. Spread onto a tray to cool and prevent sticking. Add all other ingredients in a large bowl, add couscous and dressing and toss to coat. Serve.