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## Salad Recipes



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# Smoked Salmon Salad



## Ingredients

- Bag of mixed leaves
- Half a cucumber
- Punnet of cherry tomatoes
- Sweet red/yellow/orange pepper
- Small tub of cottage cheese
- Smoked Salamon
- Sour cream and chopped chives for dressing

## Method

- Wash leaves. Wash and chop peppers, cucumber, tomaotoes. Arrange on plate.
- Chop small bunch of chives and mix with sour cream. Pour over salad.
- Arrange sliced salmon on plate and spoon out the cottage cheese.

# Asian Chicken Salad

## Ingredients - salad

2 x cooked chicken breasts or turkey fillets  
4 x cups chopped mixed leaves, tomatoes, cucumber  
2 x tablespoons sliced almonds  
1 x tablespoon sesame seeds

## Ingredients - dressing

¼ cup almond butter  
1 tablespoon natural chilli sauce  
2 tablespoons gluten free soy sauce  
1 tablespoon organic ketchup  
Juice from half a lime  
water to thin out

## Method

Take your cooked chicken breasts. Slice into bite sized pieces and set aside.

In a mixing bowl, combine all the dressing ingredients and mix until completely mixed in. Using a tablespoon, add water until a thick dressing is formed. Set aside.

In a large mixing bowl, combine the chopped leaves, tomatoes, cucumber and mix well. Add half the dressing and mix through until all the veggies are coated. Add the chopped chicken and mix until fully combined.

Serve into bowls and top with extra dressing, sesame seeds and sliced almonds.



# Sesame Chicken Salad



## Ingredients - salad

4 x chicken breasts

2 x tablespoons ground almonds

1 x tablespoon sesame seeds

Pink Himalayan salt to taste

$\frac{2}{3}$  tablespoon of olive oil or coconut oil for frying chicken

2 x eggs

Washed chopped mixed leaves. Chopped tomatoes. Chopped radish.

## Ingredients - marinade

3 x fresh spring onions

2 x cloves fresh crushed garlic

4 x tablespoons coconut aminos

## Method

Mix your marinade in a bowl using the marinade ingredients listed above. Then slice the chicken breasts into strips. Add them into the marinade in the bowl and cover bowl with cling wrap. Leave chicken to absorb marinade flavours for an hour in the fridge.

At the end of the hour gently start to heat your oil on low heat in large wok type pan. (Don't allow it to get so hot that it smokes) Go and collect the marinated chicken from the fridge. Place it on the work top ready for the next process.

Whisk eggs in a large bowl.

Take another empty bowl ready to make your crispy coating for the sesame chicken. Tip in the ground almonds and sesame seeds and pink salt. Mix it all thoroughly together. Take strips of raw chicken and drop them individually first into the egg mixture and then coat them in the ground almond/sesame mixture.

Place sesame coated chicken strips onto a large plate until all the pieces are done. Once all chicken pieces have been coated and the oil is now a good heat, drop the chicken pieces into the hot frying pan. They will cook within about 7 or 8 minutes.

Once cooked, drain crispy chicken on some kitchen towel and serve on a bed of mixed salad or with your preferred choice of stir fried vegetables.

\* If you like a little sauce on your chicken though, then whilst the fried chicken is draining off on the kitchen towel, I put all the remains of the marinade into the hot wok.

I add a generous splash of port /sherry plus a half table spoon of honey and then stir the marinade around for 4 or 5 minutes or until cooked through.

Drizzle the sauce over the chicken when you serve it.

# Cheese Omelette Salad



## Ingredients

3 x eggs  
50g grated cheddar cheese  
Olive oil for frying  
Himalayan salt  
Red or yellow peppers chopped  
Coconut oil

## Method

Wash and chop mixed leaves, tomatoes, cucumber, arrange on plate.

Add cottage cheese and pickled celeriac to plate. Top with sourcream and chives.

Beat eggs in dish, season with salt. heat coconut oil in omelette pan. Stir until starting to cook. Add cheese to top, place under hot grill to melt cheese. (If using ham too, try and use organic, nitrate free supplier)

# Greek Salad



## Ingredients

- ¼ x cucumber
- 2 x tomatoes
- 12 x black olives
- 60g feta cheese
- ½ x red onion
- Olive oil
- Fresh basi (optional)

## Method

Slice tomatoes , onion and cucumber. Dice the feta cheese. Arrange on plate, drizzle with olive oil to serve.

# Basil & Sour Cream Dressing



## Ingredients

250 ml sour cream or sour cream and live greek yoghurt

Pink Himalayan rock salt to taste

Sprig of fresh basil

## Method

Wash and chop the basil

Add to a bowl of fresh soured cream/live greek yoghurt

Add pink Himalayan rock salt to taste

Mix and serve on your salad of choice. This will keep fresh in the fridge for a couple of days if not used immediately.