

SUMMER SALADS

FRY'S WARM
FRESH ROCKET
SALAD WITH FRY'S
CHUNKY STRIPS

INGREDIENTS

95971	Fry's thick cut chunky strips	1 box
	Rocket leaves	2 pkts
	Flat leaf parsley, washed	2 cups
	Medium red onion, sliced into rings	1
38140	Vegan parmesan cheese, shaved (optional)	100g
70418	Balsamic vinegar	dress with
00137	Olive oil	dress with

METHOD

1. Fry the onion rings until softened in a little oil, set aside and keep warm.
2. Fry strips in a little oil for 6-8 minutes, set aside and keep warm.
3. To assemble the dish, place the rocket and parsley in a bowl and dress with the olive oil and balsamic vinegar.
4. Place a handful of strips and onion rings on top.
5. Repeat the process to create a second layer.
6. Garnish with shaved parmesan.



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GIANT COUSCOUS WITH PESTO & CHARGRILLED BROCCOLI SALAD

INGREDIENTS

Pesto dressing

49448	Everyday Favourites chinese pine kernels	200g
37540	Chopped garlic in oil	10g
07650	Maldon sea salt	3g
00068	Extra virgin olive oil tin	100ml
	Fresh basil	40g
38140	Vegan grated Parmesan	60g

Salad

33212	Giant couscous	500g
	Pesto dressing	150g
	Chargrilled broccoli	200g
	Fine green beans - blanched	200g
	Baby Spinach - sliced fine	100g
04523	Everyday Favourites fancy peas	150g
03684	Avocado IQF slices	250g
36006	Sapori D'Italia Sicilian semi-dried tomatoes	150g

METHOD

To make the pesto dressing

- 1 First make the pesto by toasting the pine kernels in a hot pan.
- 2 Place the pine kernels into a food blender and add the garlic, salt and half the fresh basil. Blend until smooth then add the remainder of the basil and olive oil.
- 3 Continue to blend until smooth and mixed then fold in the Parmesan. Place into a bowl until required.
- 4 Garnish with shaved parmesan.

To make the salad

- 1 Cook the giant couscous as per the instructions on the pack.
- 2 Tumble all the other salad ingredients including 150g of the pesto.



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