

# Arlene Normand



# Recipe Guide



Welcome to my recipe guide. This guide provides you with a wonderful array of **SALAD RECIPES**. They are delicious and I hope you enjoy them.

All my best

*Arlene*

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### Asian-style slaw with soy and chilli dressing

**Ingredients (serves 6)**                      **1 serve = 1 fat, 1 carbohydrate**

1 bunch baby pak choy, leaves, separated, washed, finely shredded  
2 carrots, peeled, cut into matchsticks  
4 green shallots, ends trimmed, thinly sliced  
130g (2 cups) bean sprouts, trimmed  
1 x 100g pkt Chang's fried noodles

#### **Soy & chilli dressing**

60ml (1/4 cup) rice wine vinegar  
55g (1/4 cup) caster sugar  
1 small fresh red chilli, deseeded, finely chopped  
1 tbs soy sauce

#### **Method**

To make the soy & chilli dressing, combine the vinegar and sugar in a small saucepan over low heat and cook, stirring, for 2-3 minutes or until the sugar dissolves and the dressing thickens slightly. Add the chilli and stir until well combined. Transfer to a heatproof bowl and set aside for 15 minutes to cool. Stir in the soy sauce.

Meanwhile, combine the pak choy, carrot, shallot and bean sprouts in a large bowl.

Add the noodles to the pak choy mixture and pour over the dressing. Toss until well combined. Serve immediately.

### Burghul, tomato and bean salad in lettuce cups

**Ingredients (serves 4)**                      **1 serve = 1 protein**

1/4 cup (40g) burghul (cracked wheat)  
200g grape tomatoes, thinly sliced  
2 salad onions, thinly sliced  
2 tbs roughly chopped mint leaves  
1/2 cup roughly chopped chervil or flat leaf parsley  
2 tbs lemon juice  
2 tsp olive oil  
400g can soy beans, rinsed, drained  
4 large butter lettuce leaves

#### **Method**

Place the burghul in a bowl, pour over 1/2 cup (125ml) boiling water, and soak for 10 minutes. Drain well, then use your hands to squeeze out any excess moisture.

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Place the burghul, in a large bowl with the tomatoes, onion, mint, chervil or parsley, lemon juice, oil and beans. Season to taste with salt and pepper, then toss well.

Place a lettuce leaf on each plate, spoon the burghul mixture on top and serve.

Notes

Burghul and canned soy beans are available from selected supermarkets and health food shops. Chervil is available from selected greengrocers.

### **Chargrilled tofu and capsicum salad**

#### **Ingredients**

300g piece firm tofu, cut lengthways into 1 cm-thick slices

1 1/2 medium red capsicum, quartered, deseeded, cut into 1 cm-thick slices

1 bunch rocket, washed, dried, leaves halved or torn

1 small radicchio or mignonette lettuce, leaves separated, washed, dried

1 large celery stick, thinly sliced diagonally

3 slices soy and linseed bread

#### **marinade**

1 1/2 tbs balsamic vinegar

2 1/2 tbs extra virgin olive oil

2 garlic cloves, crushed

1 1/2 tsp Dijon mustard

1/2 tsp dried oregano leaves

Salt & ground black pepper, to

taste

#### **Method**

##### **Step 1**

Use paper towel to pat the tofu slices firmly to remove excess moisture. Set aside.

##### **Step 2**

To make the marinade, place the balsamic vinegar, olive oil, garlic, mustard and oregano in a large shallow glass or ceramic dish. Season well with salt and pepper and whisk to combine well.

##### **Step 3**

Add the tofu and capsicum to the marinade and turn to coat. Set aside for 30 minutes to marinate.

##### **Step 4**

Meanwhile, combine the rocket, radicchio and celery in a large serving bowl. Set aside.

##### **Step 5**

Preheat chargrill or grill on high. Remove tofu and capsicum from the marinade and reserve marinade. Cook tofu and capsicum on preheated chargrill or under

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grill for 4-5 minutes on each side or until browned and heated through. Remove from heat and cut the tofu into 1 cm-thick batons.

Step 6

Meanwhile, toast the bread slices until browned and heated through. Remove the crusts and cut the bread into 1 cm cubes.

Step 7

Add the tofu, capsicum, toast cubes and reserved marinade to the salad and toss gently. Serve immediately.

### **CHICKEN NOODLE SALAD**

500g breast chicken fillets	1 teaspoon Chinese five spice
1 x 200g hokkien noodles	500g broccoli florets
1 medium red capsicum thinly sliced	
115g packet fresh baby corn, halved lengthways	
2 sticks celery, sliced	4 spring onions, sliced

#### **DRESSING**

1/2 cup honey soy dressing

1. Rub chicken fillets with five spice. Heat an oiled grill pan; add chicken, in a single layer, cook on both sides, until browned and cooked through. Remove from pan; cut into thin slices.

2. Place noodles in a bowl; cover with boiling water. Drain well.

3. Boil or steam broccoli until tender; drain well. Rinse under cold water; drain well.

4. Combine chicken, noodles, broccoli, capsicum, corn, celery and spring onions in a large bowl. Add dressing; toss well.

Serves 4                      1 serve = 1 protein, 2 carbohydrates

### **Chicken & orange salad**

#### **Ingredients**

2 oranges

400g cooked chicken, thinly sliced

310g can corn kernels, drained

200g mixed salad leaves

1 small red onion, halved, thinly sliced

130g (1/2 cup) low-fat Greek-style natural yoghurt

2 tsp mango chutney

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2 tsp mild curry paste  
55g (1/3 cup) pistachio kernels, coarsely chopped

### **Method**

#### **Step 1**

Cut top and base from each orange. Use a knife to remove skin and white pith. Holding each orange over a bowl to catch any juice, cut along either side of the white membranes to remove orange segments. Reserve juice.

#### **Step 2**

Combine chicken, corn, salad leaves, onion and orange segments in a large serving bowl.

#### **Step 3**

Whisk the yoghurt, chutney, curry paste and reserved orange juice in a bowl. Drizzle over the salad. Top with the pistachio.

1 serve = 1 protein, 1 carbohydrate

### **Cucumber salad**

#### **Ingredients**

2 telegraph cucumbers, thinly sliced  
1 red onion, halved, thinly sliced  
2 tbs rice wine vinegar  
1 tsp honey  
2 tsp sesame oil  
3 garlic cloves, finely chopped  
Pinch of cayenne pepper

#### **Method**

##### **Step 1**

Combine the cucumber and onion in a serving bowl. Season with salt.

##### **Step 2**

Add vinegar, honey, oil and garlic. Toss to combine. Sprinkle with cayenne pepper.

### **Fresh summer vegetable salad**

Serves 4

1 serve = 1 protein, 1/2 carbohydrate

#### **Ingredients**

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120g feta cheese, crumbled  
4 limes  
¼ cup extra virgin olive oil  
360g thin green beans, trimmed  
2 ears fresh corn, kernels removed (about 1 ½ cups kernels)  
1 yellow capsicum, seeded and diced  
1 red capsicum, seeded and diced  
3 spring onions, thinly sliced  
1 fresh long red chilli, very thinly sliced into rounds  
2 Lebanese cucumbers, quartered lengthways, thinly sliced into wedges  
350g cherry tomatoes halved  
1/3 cup fresh coriander leaves, coarsely chopped

### Method

#### 1. Step 1

To make vinaigrette, grate 1 tablespoon of the lime peel into a medium bowl, then squeeze 1/4 cup of juice from the limes into the bowl. Whisk in shallot, then whisk in oil. Season to taste with salt and black pepper.

#### 2. Step 2

To prepare salad, bring a large saucepan of salted water to a boil over high heat. Add beans and cook for 1-2 mins, or until bright green and crisp-tender. Drain and transfer the vegetables to a baking tray and refrigerate until cold. Cut beans into 1.5cm pieces.

#### 3. Step 3

To serve, in a large, wide shallow bowl, toss the beans, corn, capsicum, cucumbers, tomatoes, spring onions, chilli, and half the coriander with enough vinaigrette to coat. Season salad to taste with salt. Sprinkle feta and remaining coriander over and serve immediately.

### Goi ga (chicken and cabbage salad)

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### Ingredients

2 (about 250g each) single chicken breast fillets finely shredded	1/4 savoy cabbage,
110g (2 cups) bean sprouts matchsticks	1 carrot, peeled, cut into thin
1/2 cup fresh Vietnamese mint leaves leaves	1/2 cup fresh coriander
55g (1/3 cup) unsalted roasted peanuts, coarsely chopped	
Dressing	
60ml (1/4 cup) fresh lime juice	2 tbs finely chopped palm
sugar	
2 tbs fish sauce	2 tbs rice wine vinegar
4 green shallots, ends trimmed, thinly sliced chopped	1 fresh red chilli, deseeded,
1 garlic clove, finely chopped	

### Method

To make the dressing, combine the lime juice, palm sugar, fish sauce, vinegar, shallot, chilli and garlic in a screw-top jar. Shake until well combined.

Place the chicken in a large frying pan and cover with cold water. Season with salt and pepper. Place over high heat and bring to a simmer. Reduce heat to low and simmer for 10 minutes or until chicken is just cooked through. Remove from heat and set aside in pan for 15 minutes to cool. Use a slotted spoon to transfer the chicken to a heatproof bowl. Cover with plastic wrap and place in fridge for 2 hours to chill.

Finely shred the chicken with the grain and place in a large bowl. Add the cabbage, bean sprouts, carrot, mint, coriander and half the peanuts.

Drizzle over the dressing and toss to combine. Place in a serving bowl and sprinkle with the remaining peanuts to serve.

### Honey Chilli Chicken Salad

500g breast fillets, sliced thinly  
1/4 cup honey  
4 red Thai chillies, seeded, sliced thinly  
1 Tablespoon grated fresh ginger  
500g asparagus, trimmed  
2 Tablespoons peanut oil



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4 green onions, sliced thinly  
1 medium green capsicum, sliced thinly  
1 medium yellow capsicum, sliced thinly  
150g Chinese cabbage, shredded finely  
½ cup lime juice

1. Combine chicken, honey, chilli and ginger in a medium bowl.
2. Cut asparagus spears in half; boil, steam or microwave until tender. Rinse immediately under cold water, drain.
3. Meanwhile, heat half the oil in large wok or frying pan; stir fry chicken in batches, until browned all over and cooked through.
4. Place chicken and asparagus in large bowl with onion, capsicum, carrot, cabbage, juice and remaining oil; toss gently to combine.

Serves 4

1 serve = 1 protein

### **ROASTED PUMPKIN AND CHICKEN SALAD**

olive oil spray	600g pumpkin, chopped
1/2 teaspoon cracked black pepper	1/2 teaspoon lemon herb seasoning
1/4 teaspoon dried oregano	4 x 100g chicken breast fillets
100g baby spinach leaves	

#### **DRESSING**

2 teaspoon grain mustard      3 tablespoons balsamic vinaigrette  
1/4 teaspoon sugar

1. Lightly spray pumpkin with oil; place in a plastic bag with pepper and oregano. Shake bag until pumpkin is coated; then place onto a greased oven tray.
3. Cook in a moderately hot oven, 190oC, for about 25 minutes or until pumpkin is tender and lightly browned.
4. Cook chicken in a heated, lightly oiled grill pan, on both sides, until browned and tender.
5. Dressing. Combine all ingredients in a screw-top jar; shake well.
6. Combine pumpkin, spinach and dressing in a bowl; mix well.

1 serve = 1 protein, 1 carbohydrate

### **Pear, Parmesan and Rocket Salad**

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4 Bosc Pears (hard brown ones)  
2 teaspoons coarse salt  
175ml (3/4 cup) white sugar

Preheat oven to 170 degrees centigrade

Sprinkle the sugar on the baking paper in a small roasting pan. Cut pears in half lengthwise and rub with the salt. Then place them cut side down in the bed of sugar and roast for about 50 minutes or until they are just softened. Remove from the oven and allow to cool. When cool remove the core and slice widthwise into 8 slices each.

1 medium cos (romaine) lettuce  
50g rocket (arugula)  
50g watercress  
4 Tbsp olive oil  
Juice of ½ lemon  
Coarse salt and pepper  
½ cup toasted pecans – toast on a baking tray on 140 degrees centigrade for about 15 minutes.  
½ cup Parmesan or crumbled blue cheese or feta  
Drizzle of honey

Toss lettuce, rocket and watercress with olive oil, lemon juice, salt and pepper and mound the centre of the platter.

Place cut pears on outer edges of platter in a circle. Sprinkle the nuts over the pears and either grate the Parmesan or crumble a little feta or blue cheese over them.

Drizzle everything with a little honey just before serving.

Note: If you roast the pears beforehand, do not cut them until they are cool

Serves 6-8

**Pumpkin & rocket salad**  
**Ingredients**

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1/2 Jap pumpkin, cut into 2cm-thick wedges  
100ml extra virgin olive oil  
1 tsp dried chilli flakes  
2 tbs lemon juice  
2 cups wild rocket leaves  
1/2 cup (75g) macadamia nuts, roughly chopped, toasted

### **Method**

#### Step 1

Preheat the oven to 200°C and line 2 baking trays with foil.

#### Step 2

Arrange the pumpkin in a single layer on the baking trays. Drizzle with 2 tbs oil, scatter over the chilli flakes and season. Bake for 20-25 minutes until tender and lightly golden. Set aside to cool.

#### Step 3

Meanwhile, whisk lemon juice with the remaining 1/4 cup (60ml) oil, then season and set dressing aside.

#### Step 4

Place pumpkin in a serving bowl with the rocket and toasted macadamias. Drizzle with the dressing, then toss to combine and serve.

Serves 6

1 serve = 1 carbohydrate

### **Rainbow salad**

2 small carrots, peeled  
2 Lebanese cucumbers  
2 1/2 cups shredded red cabbage  
2 green onions, thinly sliced  
80g baby Asian salad leaves  
50g fried noodles (see note)  
2 tablespoons Alfa One rice bran oil  
2 tablespoons sweet chilli sauce  
2 tablespoons lime juice  
2cm piece fresh ginger, finely grated

### **Method**

#### Step 1

Using a vegetable peeler, cut thin ribbons from carrots and cucumbers. Place in a large bowl. Add cabbage, onion, salad leaves and noodles. Toss to combine.

#### Step 2

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Whisk rice bran oil, sweet chilli sauce, lime juice and grated ginger together in a small bowl. Add to carrot mixture. Toss gently to combine. Serve.

Serves 4

1 serve = 1 carbohydrate

### ROASTED VEGETABLE SALAD

2 bunches Dutch carrots  
2 small orange sweet potatoes, peeled  
1 tablespoons fresh thyme leaves  
100g snow peas, trimmed

2 parsnips  
3 cloves garlic, peeled, halved  
cooking oil spray

#### DRESSING

2 teaspoons Dijon mustard  
1 tablespoon orange juice

¼ cup balsamic dressing  
salt and pepper to taste

1. Cut stems from carrots; peel carrots. Peel parsnips, cut into quarters. Cut each quarter into 6cm lengths. Peel sweet potatoes; cut into 3cm thick slices.

2. Place carrots, parsnips, sweet potatoes, garlic and thyme in a large baking dish; spray with cooking oil.

3. Cook in a hot oven, 200oC, for about 30 minutes, turning vegetables occasionally, or until tender. Add snow peas; return to oven for a further 5 minutes.

4. Dressing. Combine all ingredients in a jug; mix well.

5. Pour Dressing over vegetables in baking dish; toss gently.

6. Serve vegetables warm or cold.

Serves 4

1 serve = 1 carbohydrate

### Salad Nicoise

#### **Ingredients**

500g kipfler potatoes, peeled  
300g French or thin green beans, trimmed  
250g cherry tomatoes, halved  
1/2 cup small black olives  
425g canned tuna in olive oil, drained  
1 tbs olive oil  
2 tsp red wine vinegar

#### **Method**

Step 1

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Place the potatoes in a saucepan of cold water, bring to the boil and cook over medium heat for 7-8 minutes or until tender, adding the beans for the last two minutes of cooking time. Drain and refresh in cold water, then drain again.

### Step 2

Thickly slice the potatoes and place in a large bowl with the beans, tomatoes, olives and tuna. Whisk together the olive oil and vinegar, season with salt and pepper. Toss the salad with the dressing and serve immediately.

Serves 4

1 serve = 1 protein 1 carbohydrate

### **Salad Nicoise**

There are many versions of this popular dish, but an authentic Salade Nicoise (originally from the Provençal city of Nice) always includes ingredients that speak of this sun-kissed region of France: tomatoes, capers olives and garlic. A typical recipe also includes tuna, anchovies, egg and raw vegetables.

- 1 medium red onion
- 4 medium egg tomatoes
- 3 trimmed celery sticks
- 3 hard boiled eggs
- 200g green beans
- 12 canned anchovy fillets, drained, halved lengthways
- 425 can tuna in oil, drained, flaked
- 100g kalamata olives
- 2 tablespoons baby capers
- 2 tablespoons shredded basil leaves

### **Lemon Garlic Dressing**

- ½ cup extra virgin olive oil
  - ¼ cup lemon juice
  - 1 clove garlic crushed
  - 1 teaspoon sugar
- Combine all ingredients in screw-top jar; shake well.

### **Method**

1. Quarter onion lengthways; slice thinly. Cut tomatoes into wedges; remove seeds; Slice celery thinly. Shell and quarter eggs.

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2. Top and tail beans; boil, steam or microwave beans until just tender, drain. Rinse beans under cold water; drain well.
3. Layer onion, tomato, celery, egg, beans, anchovy and tuna on serving plate. Sprinkle with olives, capers and basil; drizzle with lemon garlic dress.

Serves 4

Serving suggestion: In France, this salad is often serves as a light meal, accompanied by warm crusty bread and a glass of light red wine. As a first course, it goes well with barbecued fish or other grilled seafood.

### **Spiced lamb Salad with Mango Chutney Dressing**

750g lamb eye loin  
1 Tablespoon ground cumin  
1 tablespoon ground coriander  
2 teaspoons turmeric  
½ teaspoon hot paprika  
2 teaspoons garlic salt  
2 lavash  
1 medium red capsicum thinly sliced  
1 medium yellow capsicum, thinly sliced  
1 medium red onion thinly sliced  
2 medium avocados, sliced thinly  
1 butter lettuce, trimmed  
2 Tablespoons fresh Coriander

#### **Mango Dressing**

1 cup mango puree  
½ cup lime juice  
Combine ingredients in screw top jar; shake well.

#### **Method**

1. Place lamb in large bowl with combined spices and salt, refrigerate 30 minutes.
2. Cook lamb, uncovered, in heated oiled pan until browned all over and cooked as desired. Cover, rest 5 minutes, slice thinly.

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3. Meanwhile place lavash in oiled oven tray, bake, uncovered, in moderate oven about 5 minutes or until lightly browned. Cool; break into large pieces.
4. Divide lamb, capsicums, onion, avocado, lettuce and coriander among serving plates; drizzle with dressing. Serve with lavash.

Serves 6

1 serve = 1 protein' 1 carbohydrate, 2 fats

### **Spinach & asparagus salad**

#### **Ingredients**

1 bunch asparagus, woody ends trimmed, cut into 8cm lengths  
2 tbs olive oil  
1 tbs red wine vinegar  
1 garlic clove, crushed  
Pinch of caster sugar  
Salt & freshly ground black pepper  
1 bunch English spinach, ends trimmed, washed, dried, coarsely shredded  
1 x 250g punnet cherry tomatoes, halved

#### **Method**

##### Step 1

Cook the asparagus in a medium saucepan of boiling water for 3-4 minutes or until bright green and tender crisp. Refresh under cold running water. Drain well.

##### Step 2

Meanwhile, whisk together the oil, vinegar, garlic and sugar in a small jug until well combined. Taste and season with salt and pepper.

##### Step 3

Combine the asparagus, spinach and tomato in a large serving bowl. Drizzle with the dressing and gently toss to combine

### **Summer leaf salad with figs & pecans**

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## **Ingredients**

160g pecan halves  
360g mixed salad leaves  
6 ripe figs, quartered

## **Raspberry Dressing**

80 ml extra virgin olive oil  
3 Tablespoons raspberry vinegar  
2 Tablespoons sunflower oil  
2 teaspoons wholegrain mustard  
2 teaspoons honey  
Salt and freshly ground black pepper

## **Method**

### **Step 1**

Preheat oven to 200°C. Spread the pecans over the base of a roasting pan. Roast in oven for 6-10 minutes or until lightly browned. Set aside to cool.

### **Step 2**

To make the dressing, place the olive oil, sunflower oil, vinegar, mustard and honey in a screw-top jar and shake to combine. Season with salt and pepper.

### **Step 3**

Place the salad leaves in a serving bowl. Top with pecans and fig. Drizzle with dressing and serve immediately.

## **Thai chicken salad**

### **Ingredients**

**Serves 4 1 serve = 1 protein, 2 carbs**



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175g thin rice noodles  
1 bunch asparagus, trimmed, cut into 3cm lengths  
200g snow peas or green beans  
4 spring onions, shredded  
250g punnet cherry tomatoes, halved  
2 cups Thai basil leaves  
2 cups mint leaves  
1 barbecued chicken, skin and bones discarded, meat shredded  
Juice of 2 limes  
2 tbsp grated palm sugar (see note)  
100ml fish sauce  
2 long red chillies, finely chopped  
2 tbsp chopped peanuts

### **Method**

Soak the rice noodles in boiling water for 4 minutes to soften. Drain, refresh in cold water, then place in a large bowl. Blanch asparagus and snow peas in boiling water for 2 minutes until just tender.

Drain, refresh in cold water, then add to the bowl of noodles with the spring onions, cherry tomatoes, herbs and chicken. Combine lime juice and sugar in a separate bowl, stirring to dissolve the sugar. Stir in fish sauce and chilli, then drizzle over salad, toss to combine, and serve garnished with chopped peanuts.

### **Thai turkey salad**

Serves 4

1 serve = 1 protein 2

carbohydrates

### **Ingredients**

200g rice vermicelli noodles  
1/4 cup grated palm sugar or brown sugar  
2 tsp grated fresh ginger  
100ml lime juice (from about 4 limes)  
1 telegraph cucumber, cut into matchsticks  
1/4 cup each Thai basil coriander and mint leaves  
2 tbs chopped roasted peanuts  
1/3 cup (80ml) fish sauce  
2 long red chillies, deseeded, finely chopped  
1 garlic clove, chopped  
2 cups (320g) shredded cooked turkey breast  
1 carrot, cut into matchsticks

### **Method**

#### Step 1

Soak the rice vermicelli noodles in a bowl of boiling water or cook according to packet instructions. Drain, then refresh in cold water and drain again. Set aside.

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### Step 2

Meanwhile, place the fish sauce and sugar in a saucepan. Simmer over low heat for 2-3 minutes, stirring until the sugar dissolves. Allow to cool slightly, then place in a blender with the chilli, ginger, garlic and lime juice. Puree until smooth. Set dressing aside.

### Step 3

Place the drained noodles, shredded turkey, cucumber, carrot, herbs and peanuts in a large bowl. Pour over the dressing and toss gently to combine. Divide the salad among plates and serve.

### **Warm pumpkin & goat's cheese salad (vegetarian)**

4 Servings

1 serve = 1 protein 2 carbohydrates

#### **Ingredients**

1/2 small jap pumpkin (skin on), cut into thin wedges

100ml olive oil

1 tablespoon thyme leaves

150g firm goat's cheese, cut into rounds

1 cup panko breadcrumbs

2 tablespoons balsamic vinegar

1 teaspoon Dijon mustard

4 cups baby salad leaves (mesclun)

#### **Method**

##### Step 1

Preheat the oven to 200C.

##### Step 2

Toss pumpkin with 2 tablespoons of the oil and thyme. Season with salt and freshly ground black pepper. Place on a baking tray and roast for 30 minutes, turning once, until cooked and lightly caramelised. Set aside to cool slightly.

##### Step 3

Meanwhile, brush the cheese rounds with 1 tablespoon of the remaining olive oil and coat in the breadcrumbs. Place on a separate greased baking tray and chill until just before you're ready to serve the salad.

##### Step 4

Whisk together the vinegar, mustard and remaining 2 tablespoons of oil. Season to taste with salt and pepper.

##### Step 5

Place the goat's cheese in the oven for 5-6 minutes until crumbs are golden.

##### Step 6

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Toss the salad leaves and pumpkin in half the vinaigrette and pile onto plates. Add the warmed goat's cheese and drizzle with the remaining vinaigrette.

### Whole fish with Vietnamese salad

Serves 4

1 serve = 1 protein

#### **Ingredients**

3 cm piece ginger, cut into very thin strips  
½ cup Riesling  
½ cup light soy sauce  
1 teaspoon caster sugar  
4 plate size whole fish (like snapper or barramundi)

#### Vietnamese salad

1 carrot peeled, cut into matchsticks  
6 spring onions, cut into matchsticks  
1 yellow capsicum, thinly sliced  
50g raw peanuts  
1 cup coriander leaves, chopped  
1 long red chilli, seeded, thinly sliced  
1/3 cup fish sauce  
Juice of 1 lime

#### **Method**

##### Step 1

Preheat the oven to 180°C. Lightly oil a large baking dish.

##### Step 2

Combine the ginger, wine, soy sauce, sugar and 1/3 cup (80ml) of water.

##### Step 3

Make 2-3 slashes in the flesh of each fish. Lay in prepared dish and drizzle with the soy and wine mixture. Place in the oven and bake for 10-15 minutes or until the flesh flakes easily when tested with a fork.

##### Step 4

Make Vietnamese salad by combining carrot, spring onions, capsicum, peanuts, coriander and chilli in a bowl. Add fish sauce and lime juice and toss to combine.

##### Step 5

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To serve, place a fish on each serving plate, top with some Vietnamese salad, and drizzle with any leftover pan juices.

### **Warm beetroot salad**

#### **Ingredients**

2 bunches baby beetroot (8 beetroot)  
1/2 bunch silverbeet, trimmed, leaves torn  
2 teaspoons olive oil  
2 garlic cloves, chopped  
1/3 cup walnuts, chopped  
1 1/2 tablespoons red wine vinegar  
70g feta cheese, crumbled

#### **Method**

##### Step 1

Preheat oven to 200°C/180°C fan-forced. Trim beetroot stems and leaves. Reserve small beetroot leaves. Wearing gloves, wash beetroot. Pat dry. Place in a baking dish. Cover tightly with foil. Roast for 45 minutes or until skin peels away from beetroot when rubbed. Set aside until cool enough to handle.

##### Step 2

Wearing gloves, peel and halve each beetroot. Place in a large heatproof bowl. Cover to keep warm. Wash silverbeet and reserved beetroot leaves.

##### Step 3

Heat oil in a large frying pan over medium heat. Add garlic and walnuts. Cook, stirring occasionally, for 3 to 4 minutes or until walnuts are toasted. Add leaves to pan. Cook, stirring, for 1 to 2 minutes or until leaves are just wilted. Add leaves and vinegar to beetroot. Season with pepper. Toss to combine. Top with feta. Serve.

### **Witlof salad**

#### **Ingredients (serves 8)**

1 tbs fresh lemon juice  
2 tsp olive oil  
Salt & freshly ground black pepper  
3 witlof, outer leaves discarded, inner leaves separated, washed, dried

#### **Method**

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Place the lemon juice, olive oil, salt and pepper in a small screw-top jar and shake well to combine.

Place the witlof leaves in a bowl, add the dressing and toss well to coat. Serve immediately.

### Notes

You can make the dressing (step 1) up to 2 days before serving. Keep in an airtight jar in the fridge and shake well before using. You can separate, wash and dry the witlof leaves up to 2 hours before serving and place in an airtight container in the fridge. Toss the witlof with the dressing just before serving.