

3 of the best... Super Salad Dressings



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Lemon & coriander tahini dressing (Makes 1½ cups)

- 1 cup coriander leaves, finely chopped
- 1 garlic clove, finely minced
- ¾ cup Greek-style natural yoghurt
- ¼ cup lemon juice
- ¼ cup tahini
- ½ tsp pomegranate molasses (optional)

Place all ingredients in a bowl. Season with salt and pepper to taste. Mix until well combined. Drizzle with pomegranate molasses if liked just before serving.

Minted green yoghurt dressing (Makes 1½ cups)

- 1 cup mint leaves
- 80g baby spinach leaves
- ⅓ cup lemon juice
- ¾ cup Greek-style natural yoghurt
- ½ clove garlic, finely grated

Place all ingredients in a small food processor or blender and process until smooth. Season with salt and pepper to taste and serve

Chilli, ginger & lime dressing (Makes ⅔ cup)

- 2 tbs rice wine vinegar
- ⅓ cup lime juice
- 2 tbs caster sugar
- 1½ tbs fish sauce
- 3 tsp sesame oil
- 1 long red chilli, deseeded and finely chopped
- 1 tbs finely grated ginger

Place vinegar, lime juice, sugar and fish sauce into a bowl. Stir until sugar dissolves. Stir in chilli and ginger and serve.