



# Week Nineteen

---



## LET'S WELCOME SPRING WITH A SALAD

Just as I look forward to the first pot of soup in the winter, so it is at the end of a long cold winter, I always look forward to those first salads for the year. Here are three for you to try. They are all from our What the CWA is cooking Next cookbook. They make an easy dinner option or lunch.

### CURRIED RICE SALAD

---

*3 cups cooked long grain rice*

*½ cup sultanas*

*1 teaspoon curry powder (or to taste)*

*½ cup chopped red capsicum*

*¾ cup currants*

*1 cp salted peanuts*

*½ cup chopped green capsicum*

#### **Dressing**

*¼ cup vegetable oil*

*2 teaspoon lemon juice*

*Pinch garlic salt*

*½ cup white vinegar*

*2 teaspoon sugar*

*white pepper to taste*

Saute currants, sultanas, peanuts and curry powder in 2 tablespoons butter lightly in a pan for 5 minutes. Then mix in rice and capsicums. Mix all together well.

Make dressing by placing all ingredients in a jar and shaking well. Pour over the rice salad ingredients and fold through just before serving.



# Week Nineteen

---



## GRILLED LAMB AND PUMPKIN SALAD

---

450gm Lamb fillets or lamb backstrap

60ml balsamic vinegar

1 tablespoon cumin seeds

350gm pumpkin

2 cloves garlic, crushed

2 tablespoon olive oil

1 teaspoon brown sugar

150gm spinach leaves

### Dressing

2 tablespoon balsamic vinegar

1 tablespoon rosemary leaves finely chopped

½ tablespoon olive oil

Place lamb in a shallow glass dish with garlic, vinegar, oil, cumin and sugar and marinade for at least 15 minutes.

Cut pumpkin into 1 cm slices leaving skin on. Place on a greased baking tray and bake in a moderate oven for 15 minutes or until cooked. Remove from oven.

Preheat grill, remove lamb from marinade and cook for 3 minutes each side or until done to your liking. Slice lamb while still warm. Place spinach on a platter with pumpkin, then place sliced lamb over the top. Pour over dressing and serve. To make dressing, combine ingredients in a jug and season to taste with salt and pepper.

## CHICKEN AND APRICOT SALAD

---

1 cooked chicken

¼ cup sour cream

1 tablespoon lemon juice

½ teaspoon dried tarragon

½ cup mayonnaise

1 large can Australian apricot halves

2 sticks celery finely sliced

Drain the apricots and cut in half. Remove skin and bones from chicken and slice cooked chicken into chunks. Combine the mayonnaise, sour cream and lemon juice. Stir in the chicken, apricots, celery and tarragon. Chill for 1-2 hours. To serve—line a salad bowl with lettuce leaves. Spoon in the chicken salad.