



**QUINOA, CHICKPEA
AND MANGO**



**CRAB AND
PASSION FRUIT**

GORDON RAMSAY
4 x SALADS

*All easy summer
dishes serve 4*



**ASPARAGUS AND
AVOCADO**



**FALAFEL
AND TAHINI**

RECIPES

QUINOA, CHICKPEA AND MANGO

100g quinoa
 275ml hot vegetable stock
 1 medium onion
 2 tsp medium curry powder
 150g chickpeas, rinsed
 1 tbsp lime pickle
 2 tbsp Greek or natural yoghurt
 Small bunches coriander and mint, chopped
 1 mango, peeled and diced
 100g cherry tomatoes, quartered
 2 Little Gem lettuces

1 Cook quinoa in stock for about 15 minutes. Drain and cool. Heat drizzle of olive oil in small pan and sweat onion with curry powder for 5-6 minutes until soft. Add chickpeas and cook for 2 minutes, stirring well. Leave to cool.

2 Mix pickle and yoghurt. Toss together quinoa, onion and chickpea mixture. Stir through yoghurt dressing, herbs, mango and tomatoes. Spoon on top of lettuce leaves. Serve.



CRAB AND PASSION FRUIT

50ml extra virgin olive oil
 50ml groundnut oil
 2 tbsp white wine vinegar
 Half tsp Dijon mustard
 4 passion fruit
 300g fresh white crabmeat
 Half a cucumber, peeled and diced
 1 avocado, diced
 2 large plum tomatoes, diced
 Small bunch fresh coriander, chopped
 2 tbsp mayonnaise
 Rocket
 Shaved fennel
 Radishes

1 Whisk together oils, vinegar and mustard. Add passion fruit seeds and juice. Mix crab, cucumber, avocado, tomatoes, coriander and mayonnaise.

2 Mix rocket, fennel and radishes. Spoon crab mixture into centre. Drizzle dressing around. Serve.



ASPARAGUS AND AVOCADO

250g asparagus
 300ml vegetable stock
 2 fresh rosemary sprigs
 4 tbsp double cream
 1 tbsp fresh lemon juice
 4 tbsp vinaigrette
 2 Little Gem lettuces
 1 large ripe avocado
 Parmesan shavings

1 Peel asparagus. Cook in boiling salted water for 2 minutes, then refresh in cold water. Pat dry.

2 Boil stock with one rosemary sprig. Chop leaves of other sprig finely. When stock reduces to about 5 tbsp, add cream and boil to reduce to 6 tbsp. Cool, mix in the chopped rosemary, lemon juice and seasoning. Dilute with vinaigrette.

3 Toss asparagus, lettuce and avocado with dressing. Garnish with parmesan. Serve.



FALAFEL AND TAHINI

1 tbsp tahini
 3 tbsp Greek yoghurt
 1 tbsp lemon juice
 1 tsp clear honey
 4 pitta breads
 Mixed salad leaves
 12-16 falafels

1 Mix tahini, yoghurt, lemon juice and honey in bowl until smooth. Season to taste. Loosen with 1-2 tbsp water.

2 Warm pittas and slice open. Fill pockets with salad leaves, add falafels and drizzle with tahini dressing.

