



Mediterranean Chickpea Salad

Preparation time: 20 minutes

Cooking time: 0 minutes

Serving size: 6

Ingredients

Salad

1 can chickpeas, drained and rinsed
1 medium cucumber, chopped
1 bell pepper, chopped
½ red onion, thinly sliced
½ cup kalamata olives, pitted and chopped
⅓ cup feta, crumbled
Salt and pepper to taste

Vinaigrette

¼ cup extra-virgin olive oil
¼ cup white wine vinegar
1 tablespoon lemon juice
1 tablespoon parsley, chopped
¼ teaspoon red pepper flakes
Salt and pepper to taste

Method

1. In a large bowl, toss together the chickpeas, cucumber, bell pepper, red onion, olives and feta. Season with salt and pepper.
2. In a jar fitted with a lid, combine the olive oil, vinegar, lemon juice, parsley and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.
3. Dress the salad with the vinaigrette just before serving.



Edamame, sweetcorn and bell pepper salad

Serves: 6

Preparation time: 10 minutes, plus optional refrigeration time of 1 hour

Cooking time: 10 minutes

Ingredients

Dressing

2 tablespoons extra-virgin olive oil
2 tablespoons lemon juice
1 garlic clove, minced
½ teaspoon maple syrup (optional)
1 teaspoon paprika
Pinch of cayenne pepper
Pinch of salt

Salad

¼ cup edamame beans
1 cup sweetcorn
½ cup red bell pepper, roasted and diced
½ cup green bell pepper, diced
¼ cup red onion, finely chopped
¼ cup coriander leaves, chopped

Method

1. For the dressing, whisk together all the ingredients in a glass jar.
2. For the salad, place all the salad ingredients into a serving bowl. Drizzle over the dressing and toss gently until evenly coated.
3. Can be served immediately. Ideally, cover and refrigerate for at least 1 hour before serving alongside the trout and zucchini fritters.



Tropical Fruit Salsa

Serves: 8

Preparation time: 10 minutes, plus resting time of at least 10 minutes

Ingredients

2 cups mango, pineapple or papaya, diced
1 medium red bell pepper, chopped
½ cup red onion, chopped
¼ cup fresh coriander, chopped
1 jalapeño, seeded and minced
1 lime, juiced
Pinch of salt, to taste

Method

1. In a serving bowl, combine the diced fruit, bell pepper, onion, coriander and jalapeño. Drizzle with the lime juice.
2. Using a large spoon, stir the ingredients together.
3. Season to taste with salt and stir again.
4. For best flavour, let the salsa rest for 10 minutes or longer before serving with the ostrich tacos and avocado cream.