

KRAFT
Kitchens



The Salad Edition

Nothing says summer like a fresh salad does it? But let's not restrict ourselves just to lettuce and leafy greens; the list of popular ingredients for sensational salads is only limited by your imagination.

At KRAFT we love summer because it allows us to showcase the fantastic range of dressings that have been family favourites for many years, as well as highlight those new to our range for the season including two new fat free varieties: **Red Wine Vinegar & Herb** and **White Balsamic Vinegar & Basil**.

At Kraft Kitchens we have developed this exciting new range of salads: the Parsley Slaw and the Roasted Carrot, Spinach

and Blue Cheese Salad are the perfect accompaniment to barbecued meats, seafood or cold meats, whilst the Lamb Cutlets with White Bean Salad or the Swordfish Skewers with BBQ Corn and Ciabatta Salad are fantastic as a main course salad option. Why not give these terrific recipes a try, my guess is you'll still be enjoying them long after the summer is over!



When using greens in a warm salad allow the cooked ingredients to cool a little before adding greens and herbs, to prevent wilting from the heat of cooked ingredients.



Roasted Carrot, Spinach and Blue Cheese Salad

SERVES: 4 | PREP: 15 mins | COOK: 35 mins

- 4 large carrots, cut into thick chunks
- Olive oil spray
- Salt and freshly ground black pepper, to taste
- ¼ cup pumpkin seeds
- 50g baby spinach
- ¼ cup **KRAFT French Dressing**
- 60g blue cheese, crumbled

PLACE the carrots onto a paper lined baking tray, spray with oil and season. Bake in a moderate oven 180°C for 30 minutes or until just tender. Scatter over the pumpkin seeds and bake for a further 5 minutes or until the seeds begin to colour and blister. Remove and cool slightly.

TOSS together the carrots, seeds, spinach and dressing in a salad bowl, then top with the blue cheese.

Serve immediately.

Lamb Cutlets with a White Bean Salad

SERVES: 4 | PREP: 20 mins | COOK: 10-15 mins

- 8-12 lamb cutlets, frenched
- ½ cup **KRAFT Red Wine Vinegar and Herb Dressing**
- 400g can white beans (e.g. cannellini), drained
- 1 roasted red capsicum, cut into strips
- 1 red onion, sliced
- 50g rocket leaves
- ½ cup basil leaves

COMBINE the lamb with half of the dressing and marinate for 30-60 minutes in the refrigerator.

COMBINE the beans, capsicum, onion, rocket, basil and remaining dressing in a bowl and gently toss to combine.

REMOVE the lamb from the marinade and discard the marinade. Chargrill the lamb for 3-5 minutes each side or until cooked as desired. Place onto serving plates with the White Bean Salad.

Serve immediately.

Only dress leafy salads just prior to their usage. The addition of dressing will cause the leaves to wilt, become slimy or discolour.



Tips for the perfect salad

The not so humble salad can roughly be broken down in to four groups:

1. Green leafy: tossed
2. Cooked salads: potato, pasta and rice salad
3. Bound salads: coleslaw and Waldorf
4. Fruit salads

All salad ingredients should be well washed to remove dirt, sand, insects and any sprays. Take special care with leafy greens as they can bruise and wilt easily. A salad spinner is a great way to spin off excess water without over handling. If you don't have a salad spinner, rinse greens under cold running water until clean. Then pat dry with paper towels or a clean tea towel.



Parsley Slaw

SERVES: 4-6 | PREP: 20 mins | COOK: 5 mins

- 2 carrots, peeled and cut into julienne strips
- 12 baby radishes, finely sliced
- 2 cups flat leaf parsley leaves
- 1 red onion, finely sliced
- 100g snow peas, blanched and cut into julienne strips
- ½ cup **KRAFT Coleslaw Dressing**
- 1 tablespoon toasted sesame seeds

COMBINE all ingredients in a salad bowl and gently toss to combine.

Serve immediately.

Pasta Salad with Tuna and Green Olives

SERVES: 4-6 | PREP: 15 mins | COOK: 15-20 mins

- 2 zucchini, thinly sliced diagonally
- Olive oil spray
- 425g can tuna in oil, drained and flaked
- ½ cup small green olives
- ½ cup toasted pine nuts
- 250g rigatoni or penne pasta, cooked until tender, drained and cooled
- ½ cup **KRAFT Balsamic Italian Dressing**

SPRAY the zucchini with oil and chargrill for 2-3 minutes each side until tender.

COMBINE the zucchini with the remaining ingredients in a salad bowl and gently toss to combine.

Serve immediately.

Only use enough salad dressing to coat the ingredients.
A pool of dressing at the bottom of the bowl indicates
the salad is overdressed.



Pea, Bean and Prosciutto Salad

SERVES: 4-6 | PREP: 20 mins | COOK: 10-15 mins

- 250g green beans, cooked until just tender, drained and cooled
- 200g sugar snap peas, blanched, drained and cooled
- 1 cup frozen peas, cooked, drained and cooled
- 100g prosciutto, grilled until crisp and broken into pieces
- ½ cup **KRAFT Caesar Dressing**

ARRANGE the beans, peas and prosciutto on a serving platter then drizzle with the dressing.

Serve immediately.



Potato Salad with Chicken and Asparagus

SERVES: 4-6 | PREP: 25 mins | COOK: 35-40 mins

- 400g chicken tenderloins
- Olive oil spray
- 800g baby chat potatoes, cooked until tender and halved
- 2 bunches asparagus, cooked until just tender, drained and diagonally halved
- 4 spring onions, finely chopped diagonally
- 2 tablespoons capers
- ¼ cup flat leaf parsley leaves
- ½ cup **KRAFT Potato Salad Dressing**

SPRAY the chicken with oil and chargrill for 6-8 minutes or until cooked through. Cut the chicken into thick strips, allow to cool.

COMBINE the potatoes, asparagus, spring onions, capers, parsley and dressing in a bowl and gently toss with the chicken. Arrange on a serving platter.

Serve immediately.

Cooked salads like potato, pasta and rice need to be cooked until just tender. Overcooking any of these will produce a gluggy unappetising salad.



Prawn Salad with Fennel and Orange

SERVES: 4 | PREP: 15 mins

- 500g cooked prawn cutlets
- 2 oranges, peeled, and sliced
- 1-2 medium fennel bulbs, trimmed and very finely sliced
- ½ bunch curly endive
- ½ small white salad onion, finely sliced
- ⅓ cup **KRAFT White Balsamic Vinegar and Basil Dressing**

COMBINE all the ingredients on a large platter and gently toss through the dressing.

Serve immediately.



Risoni with Roast Vegetables and Bocconcini

SERVES: 4-6 | PREP: 20 mins | COOK: 20-30 mins

- 1 red capsicum, cut into thick strips
- 1 yellow capsicum, cut into thick strips
- 4 Roma tomatoes, quartered lengthways
- Garlic olive oil spray
- Salt and freshly ground black pepper to taste
- 2 cups risoni, cooked, drained and cooled
- ½ cup **KRAFT Balsamic Italian Dressing**
- ⅓ cup basil leaves, torn
- 6 small Bocconcini, torn into pieces

PLACE the vegetables onto a paper lined baking tray, spray with oil and season. Bake in a hot oven 200°C for 10-15 minutes or until lightly golden.

COMBINE the roasted vegetables with the remaining ingredients in a salad bowl and gently toss to combine.

Serve immediately.

Salads like coleslaw and potato salad may be dressed ahead of time as this helps to develop flavour.



For more recipes and cooking tips go to:
www.kraft.com.au



Rosemary Roast Potato Salad

SERVES: 6 | PREP: 15 mins | COOK: 50 mins

- 1.2kg chat potatoes
- 1 head garlic, broken into cloves and skin left on
- 2 tablespoons coarsely chopped fresh rosemary
- Salt flakes
- 1 tablespoon oil
- ½ cup **KRAFT Potato Salad Dressing**

COMBINE potatoes, garlic, rosemary, salt and oil in a large roasting pan. Toss well to combine. Bake in a hot oven 200°C for 40-50 minutes or until cooked and golden.

PLACE on a warm serving platter and drizzle with the dressing.

Serve immediately.

Swordfish Skewers with BBQ Corn and Ciabatta Salad

SERVES: 4 | PREP: 20 mins | COOK: 20 mins

- 1 small ciabatta, torn into chunks
- Garlic olive oil spray
- 1 punnet cherry tomatoes
- Salt and freshly ground black pepper, to taste
- ⅓ cup black olives
- ¼ cup small basil leaves
- 1 rounded tablespoon baby capers
- ⅓ cup **KRAFT Italian Dressing**
- 2 ears corn, husks and silks discarded
- 500g swordfish steaks, cut into 2cm cubes

PLACE the ciabatta onto a paper lined baking tray, spray with oil and season. Bake in a moderate oven 180°C for 10 minutes or until just coloured.

TOSS together the ciabatta, tomatoes, olives, capers and basil with half of the dressing. Set aside.

PLACE the remaining dressing into a shallow dish. Roll the corn in the dressing and then barbecue for 10 minutes or until cooked. Cut off kernels and add to the salad. Thread the fish onto skewers. Roll the skewers in the remaining dressing and barbecue for 3-4 minutes or until cooked. Place the skewers onto serving plates with the Ciabatta Salad.

Serve immediately.