

Fennel salad



For 3-4 servings:

3 fennels, finely sliced
1 bunch parsley, finely chopped
juice from one lemon
1 1/2 tablespoon olive oil
salt and pepper to taste

Mix all ingredients.

Celeriac, carrot and apple salad



Celery, carrot and apple salad

For 3-4 servings:

1 celeriac, grated
2-3 carrots, grated
1-2 apples, grated

Avocado Mayonnaise:

2 avocados, pureed
juice of 1/2 lemon
1-2 teaspoons mustard, to taste
salt, to taste

Mix all ingredients for the avocado mayonnaise.

Pour over vegetables and mix.

Serve with bread or as salad next to a main dish.



Cucumber – radish salad



Cucumber – radish salad

For 2 servings:

1 cucumber, finely sliced
10 radishes, finely sliced
dill, finely chopped
1 tablespoon olive oil
2 tablespoons vinegar
salt and pepper, to taste

Mix all the ingredients! Serve directly!

Rice noodles salad



Rice noodles salad

For 4 servings:

250 g rice noodles
1 lettuce
4 carrots
5 green onions
1 fennel
10-15 radishes
1 big cucumber (or 5-6 small)
chili, to taste (optional)
3-4 tablespoons sesame seeds

5 tablespoons soy sauce
the juice of one lemon (or 3 tablespoons rice vinegar)
1 cm ginger, grated
2 cloves of garlic, mashed

Prepare the rice noodles as directed on the package. Drain and set aside.

Chop all the vegetables finely.

Prepare a dressing mixing the soy sauce, lemon juice (or rice vinegar), ginger and garlic.

Mix all ingredients in a bowl. Garnish with fennel leaves.

Serve with [Sticky 5 spices tempeh](#)



Rice noodles salad

Variation: instead of lettuce you can use (Chinese) cabbage

Note: for weight loss use less noodles

Warm salad



Warm salad

For 2-3 servings:

1 zucchini, sliced
1 sweet pepper, sliced
2-3 onions, thick sliced
tomatoes, sliced
handful of olives
dried basil and oregano, to taste
1 tablespoon olive oil
1 tablespoon balsamic vinegar
salt and pepper, to taste

Heat the grill and grill the zucchini, the sweet pepper and the onions a few minutes on each side.

Mix with the rest of the ingredients and add salt and pepper to taste.



Warm salad

Beluga lentils salad



Beluga lentils salad

100 g beluga lentils, cooked and well drained
5-6 radishes, finely sliced
1 red onion (2-3 green onions), finely chopped
2 tomatoes, diced
1/2 cucumber, diced / finely sliced
1 sweet pepper, diced
1 tablespoon olive oil
the juice of half lemon
parsley, finely cut
salt and pepper, to taste

Mix all the ingredients.

Potato salad



Potato salad

1 kg potatoes
150 g pickled cucumbers
3 spring onions (optional)
4-5 tablespoons vegan mayonnaise (see the recipe [here](#))
salt and pepper

Peel the potatoes, cut them into pieces and boil them in water with a little bit salt.

When the potatoes are cooled, add finely chopped green onions, sliced cucumbers, mayonnaise, salt and pepper.

Serve as an appetizer.

Oriental salad



Oriental salad

For 3-4 servings:

1 kg potatoes

3 large onions, finely sliced

100 g olives

2 bell peppers, finely sliced

10-15 pickled gherkins, sliced

1 cup vinegar from the pickled gherkins

3-4 tablespoons olive oil

salt and pepper

In a large bowl mix the onions with salt, add the vinegar and the olive oil. Mix well. Set aside. The onions will soften.

Cook the potatoes (whole, don't cut them). Cut the potatoes in pieces while they are still hot. Add to the bowl and mix well. Set aside to cool.

Before serving add the bell peppers, olives, gherkins and pepper to taste.

Variation: You can add some tomatoes.

Pasta salad



Pasta salad

300 g pasta (farfalle)

1 can peas (400 g)

1 can sweet corn (300-400 g)

400 g pickled gherkins, finely diced

1 pickled red sweet pepper, finely diced (optional)

4-5 tbsps. vegan mayonnaise (see recipe [here](#))

salt and pepper

Cook the pasta as directed on package. Drain and leave to cool.

Drain the peas and corn well.

Mix all ingredients. Add salt and pepper to taste (and extra mustard if desired).

Chickpea salad



Chickpea salad

For 2-3 servings:

300 g cooked chickpeas
2 tomatoes, diced
1-2 cucumbers, diced
1 bell pepper, sliced
1 small zucchini, diced
1 red onion, finely sliced
parsley, finely chopped
2 tablespoons olive oil
the juice of half lemon
salt and pepper, to taste

Mix all the ingredients!