

# 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.

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# 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.



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## 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!

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## 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*

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## 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

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## 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.

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## 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.

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# Salad a la russe



Salad a la russe

8 medium potatoes  
8 large carrots  
1 celery root  
2 parsnips  
1 large can peas, drained  
20-25 gherkins  
2-3 pickled red bell peppers (optional)  
mustard, salt, pepper, to taste  
vegan mayonnaise (see recipe [here](#))

Cook the vegetables, whole, in water with a pinch of salt (this water can be use as vegetable broth). Allow to cool a little bit.

Cut the vegetables and the pickles into small pieces. Add the peas.



Salad a la russe

Add the mustard, the mayonnaise, salt and pepper to taste. Mix gently.

Place the mix on a plateau and garnish.



Salad a la russe

It can also be served in [filo dough baskets](#).



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## Romanian eggplant salad



Romanian eggplant salad

3-4 eggplants

1 medium onion, very finely chopped

25 ml of olive oil

25 ml sunflower oil

salt, to taste

Heat the grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and let them cool.

Process the eggplants with a food processor (not very fine). Remove into a bowl and add the oil, the onion and salt to

taste. Mix well.

Serve on bread with tomatoes.

If you have guests for dinner you can serve eggplant salad stuffed tomatoes. Cut the tops of the tomatoes, pick the core with a teaspoon and leave them to drain upside down, for a few minutes. Fill them with eggplant salad and garnish with parsley.

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## 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.