

## **Summer salad dressings / Tesco.**

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# Summer

SALAD  
DRESSINGS

RECIPES

*from*  
**TESCO**



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*For a well dressed salad, why not try one of the following recipes?*

*Quick and easy to make, they are ideal for a lazy al fresco lunch or a mid-summer's night supper.*

## GREEK SALAD

*...in a delicious tangy lemon dressing*

SERVES 4

### INGREDIENTS

*Half a Cucumber, sliced*

*3 Tomatoes, sliced*

*6 x 15ml sp (6 tbsp) Tesco Extra Virgin Olive Oil*

*2 x 15ml sp (2 tbsp) Tesco Lemon Juice*

*Freshly Ground Black Pepper*

*4 x 15ml sp (4 tbsp) Tesco Sliced Olives in brine*

*400g Feta Cheese, cubed*

### METHOD

1. Arrange the cucumber and tomato slices around the edge of the serving plate.
2. Whisk together the extra virgin olive oil, lemon juice and plenty of freshly ground black pepper.
3. Carefully stir the feta cheese and sliced olives into the dressing. Place in the middle of the plate and serve.

## CORONATION CHICKEN SALAD

*...with a creamy, spiced salad dressing.*

SERVES 4

### INGREDIENTS

275g (10 oz) Long Grain Rice, cooked  
50g (2 oz) Sultanas  
2 x 15ml sp (2 tbsp) Fresh Coriander, chopped  
10 x 15ml sp (10 tbsp) Tesco Salad Cream  
1 x 15ml sp (1 tbsp) Tesco Medium Curry Powder  
450g (1 lb) Chicken, cooked, skin removed and cubed  
½ of a 411g can Apricots in Syrup  
25g (1 oz) Flaked Almonds

### METHOD

1. Stir the sultanas and coriander into the cold rice and arrange around the edge of a serving plate.
2. Mix together the salad cream and curry powder and stir in the chicken, apricots, 2 x 15ml sp (2 tbsp) syrup from the apricots, and the flaked almonds.
3. Arrange in the centre of the plate and serve.

## MEDITERRANEAN TUNA SALAD

*...in a rich red wine dressing.*

SERVES 4

### INGREDIENTS

Half an Iceberg Lettuce  
2 (size 2) Eggs, hard boiled, quartered  
185g can Tuna Chunks in oil, drained  
4 Tomatoes, quartered  
125g (4oz) Green Beans, cooked, cut in half  
20 Tesco Whole Pitted Black Olives  
6 x 15ml sp (6 tbsp) Tesco Extra Virgin Olive Oil  
2 x 15ml sp (2 tbsp) Tesco Red Wine Vinegar  
1 x 5ml sp (1 tsp) Burnham Mustard  
Salt and Freshly Ground Black Pepper

### METHOD

1. Arrange the lettuce leaves on a serving plate.
2. Carefully mix together the eggs, tuna, tomatoes, green beans and olives.
3. Whisk together the extra virgin olive oil, red wine vinegar, mustard, salt & pepper.
4. Stir into the tuna mixture and pile on top of the lettuce to serve.

# POTATO & FRANKFURTER SALAD

*...with a tasty,  
creamy, mustard mayonnaise dressing.*

SERVES 4

## INGREDIENTS

450g (1 lb) New Potatoes, cooked with skin on, cubed  
225g (8 oz) Frankfurters, chopped  
Small bunch Spring Onions, trimmed, chopped  
250ml jar Tesco Mayonnaise  
2 x 15ml sp (2 tbsp) Tesco Whole Grain Mustard  
Salt and Freshly Ground Pepper  
Chives, to garnish

## METHOD

1. Combine the potatoes, frankfurters and spring onions in a bowl.
2. Mix together the mayonnaise, whole grain mustard and seasoning and stir into the potato mixture.
3. Place in a serving dish and garnish with chopped chives.



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