



Grilled Chicken Caesar Salad Wrap

SERVINGS: 4

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

3 tablespoons lemon juice
2 tablespoons extra-virgin olive oil
2 tablespoons low-fat mayonnaise
1 clove garlic, minced
 $\frac{1}{2}$ teaspoon freshly ground pepper
2 boneless, skinless chicken breasts (about 300 grams), trimmed
 $\frac{1}{8}$ teaspoon salt
2 small romaine lettuce hearts
 $\frac{1}{2}$ cup finely shredded Parmesan cheese
4 8- to 9-inch spinach wraps, warmed

DIRECTIONS

- Preheat grill to medium-high.
- Combine lemon juice, oil, mayonnaise, garlic and pepper in a large bowl.
- Oil the grill rack (see Tip). Sprinkle chicken with salt. Cut romaine lettuce in half lengthwise, leaving root ends intact.
- Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165 degrees F, 4 to 6 minutes per side.
- Two minutes before the chicken is done, place the romaine on the rack and grill, turning once or twice, until lightly charred and beginning to wilt, 2 to 3 minutes total.
- Cut the chicken into bite-size pieces.
- Cut the root ends off the romaine, then chop the leaves. Add the chicken, lettuce and Parmesan to the bowl with the dressing; toss until well combined.
- Fill each wrap with about 1 1/2 cups of the salad and roll closed.

Approx \$28 - prices and servings may vary



INGREDIENTS

- 1 pound broccoli crowns (around 450 g broccoli crowns, or if you're buying fresh, 2 small to medium crowns should be perfect).
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons mayonnaise, or vegan mayo
- 1½ tablespoons apple cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon maple syrup or honey
- 1 garlic clove, minced
- ¼ teaspoon sea salt, more to taste
- ½ cup diced red onions
- ½ cup dried cranberries

SMOKEY TAMARI ALMONDS

- ½ cup almonds
- ½ cup pumpkin seeds
- 1 tablespoon tamari
- ½ teaspoon maple syrup
- ¼ teaspoon smoked paprika, more to taste

Prep Time: 10minutes mins

🕒 Cook Time: 15minutes mins

Total Time: 25minutes mins

4 - 6 servings

Broccoli Salad

DIRECTIONS

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. Chop the broccoli florets into ½-inch pieces and any remaining stems into ¼-inch dice. Peel any woody or coarse parts from the stem first.
3. In the bottom of a large bowl, whisk together the olive oil, mayo, apple cider vinegar, mustard, maple syrup, garlic, and salt. Add the broccoli, onions, and cranberries and toss to coat.
4. Place the almonds and pepitas on the baking sheet, toss with the tamari, maple syrup, and smoked paprika and spread into a thin layer. Bake 10 to 14 minutes or until golden brown. Remove from the oven and let cool for 5 minutes (they'll get crispier as they sit).
5. Toss the almonds and pepitas into the salad, reserving a few to sprinkle on top. Season to taste and serve.

INGREDIENTS

- 1 rotisserie chicken, shredded
- 1 iceberg lettuce
- ½ cup Pams Caesar Dressing
- 1 cup Pita chips crushed, or plain croutons

Optional:

- Shaved parmesan
- Wraps or soft tortillas

INSTRUCTIONS

1. In a large bowl, combine your shredded chicken and caesar dressing.
2. To build, take a sheet of baking paper. Place one or two iceberg lettuce leaves in the middle, add shredded chicken mix and top with crushed pita chips or plain croutons. Roll up tight and cut in half. Enjoy!

Tips:

- Add shaved parmesan cheese for added flavour and season to taste.

Swap:

- Try swapping the lettuce wrap for a soft tortilla or wrap! Chop up the iceberg lettuce and add to the bowl with the chicken and dressing before building.



Chicken Caesar Lettuce Wraps



4-6 servings



10 minutes

A delicious chicken caesar salad all wrapped up in iceberg lettuce leaf. Delicious and low carb and made easy with a store-bought rotisserie chicken.

enjoy

Chickpea Salad Sandwiches

6 servings
Prep: 15 min



Ingredients

- 1 can roughly 250–260 grams chickpeas or garbanzo beans, rinsed and drained
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped celery
- 1/2 cup vegan mayonnaise
- 3 tablespoons honey mustard or Dijon mustard
- 2 tablespoons snipped fresh dill
- 1 tablespoon red wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 12 slices multigrain bread
- Optional toppings: Romaine leaves, tomato slices, dill pickle slices and sweet red pepper rings

Directions

Place chickpeas in a large bowl; mash to desired consistency. Stir in onion, celery, mayonnaise, mustard, dill, vinegar, salt, paprika and pepper. Spread over 6 bread slices; layer with toppings of your choice and remaining bread.





Corn Fritters

RECIPE

INGREDIENTS :

- Corn kernels - 1 cup
- Flour - 1 1/4 cup
- Chopped parsley - 1 cup
- spring onions, sliced - 2
- Eggs - 3
- Milk - 1 cup
- Vegetable oil - 1 Tbsp
- Yoghurt sauce
- Greek yoghurt - 1 cup
- Chopped parsley - 1 Tbsp
- Lemon juice - 2 Tbsp
- Pepper for seasoning
- Salt for seasoning

10 MINS
COOK TIME
20 MINS
SERVES 4

DIRECTIONS :

- Combine corn, flour, parsley and spring onion in a large bowl.
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- In a jug, whisk together eggs and milk. Pour into corn mixture and stir until combined.
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- Heat a non-stick frying pan on high. Brush with oil. Cook 1/4-cup measures of mixture 2 minutes each side, until fritters are golden.
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- To make yoghurt sauce: Combine all ingredients in a small bowl. Season with salt and pepper to taste. Serve with fritters.
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- Tip: Choose canned corn that is a 'no added salt' variant, or you could rinse the kernels in water and drain before adding to the batter to reduce the salt.

