

Spring SALADS

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Lemnos Spring Salads Recipe eBook

Spring is the season that greets us with warmer weather and longer, brighter days. What better way to spend it than outdoors entertaining friends, soaking up the sunshine or taking trips to the coast with your family? It's the time of year that calls for fresh, healthy and easy to prepare recipes.

Salads are the perfect light dish that you can quickly whip up to serve as a main meal or to accompany a barbecue spread.

Inspired by the laid-back Mediterranean lifestyle, Lemnos has created this Spring Salad Recipe eBook with 12 easy recipes to inspire you when preparing quick, light meals for the rest of the spring/ summer season!

Our mouth-watering recipes feature our very own Fetta or Haloumi cheese, together with some of the most flavourful, nutritious salad ingredients around, from juicy watermelon to crispy kale. Kick the spring season off to a healthy start with Lemnos.

Celebrate life the Mediterranean way!

Contents

Fetta

Beetroot, Lentil and Fetta Salad	4
Wholefood Lunch Bowl with Fetta Yoghurt	5
Watermelon Fetta & Black Olive Salad	6
Tuna, Rocket and Corn Salad with Smooth Fetta	7
Greek Lentil Salad with Fetta	8
Pepper Chicken & Pearl Couscous Salad with Persian Fetta	9

Haloumi

Haloumi, Watermelon and Quinoa Salad	11
Haloumi, Red Onion and Cherry Tomato Pasta Salad	12
Mixed Tomato Salad with Toasted Haloumi	13
Haloumi, Pomegranate and Spinach Salad	14
Almond Pan Fried Haloumi, Rocket and Orange Salad	15
Quinoa & Haloumi Salad with Chilli Coriander Dressing	16

Fetta

Easily crumbled over any salad, Fetta adds an authentic Mediterranean flavour. Discover the wonderful taste sensations created when combined with other exciting fresh ingredients in these recipes.



Beetroot, Lentil and Fetta Salad

A refreshing beetroot and French lentil salad with fresh chopped herbs and tasty Fetta chunks makes a delicious lunch or a perfect side dish to serve with lamb, chicken or fish. If you're very short on time, you can speed up this dish by buying pre-cooked baby beetroot and canned lentils instead of cooking them from scratch.

Serves 4-6

Preparation time: 20 minutes

Cooking time: 20 minutes

10 baby beetroot

180g pack Lemnos Traditional Fetta, drained and crumbled

375g packet of French style lentils

1 medium red onion, finely sliced

½ cup fresh dill, roughly chopped

½ cup each of mint and flat parsley leaves

2 tbsps lemon juice

4 tbsps olive oil

Sea salt and freshly ground black pepper

1. Preheat oven to 170°C.
2. Thoroughly wash and peel the baby beetroot. Depending how big they are, cut them in halves or quarters. Drizzle them with 2 tablespoons of the olive oil and bake them in the preheated oven for about 25 minutes or until just tender.
3. Bring a large saucepan of salted water to the boil and add the lentils. Cook for around 15 minutes or until they are just cooked. Drain in a colander and rinse well under cold water until the water runs clear. Empty into a large bowl.
4. Add the beetroot with any oil it was roasted with, onion and herbs to the bowl with the lentils and stir to combine. Add the remaining olive oil and lemon juice, season to taste with salt and pepper.
5. Transfer to a serving dish, scatter with crumbled Lemnos Traditional Fetta.

Whole food Lunch Bowl with Fetta Yoghurt

Quinoa, kale and chickpeas with roasted sweet potato and Fetta yoghurt is a deliciously healthy lunch choice.

Serves 4

Preparation time: 20 minutes

Cooking time: 30 minutes

1½ cups cooked, cooled quinoa

1 large sweet potato, peeled and cut into 1 cm slices

450g can chick peas, drained and rinsed

50g pepitas (pumpkin seeds)

1 cup washed finely shredded kale leaves (packed)

½ cup picked parsley leaves (packed)

½ medium red onion, finely sliced

Juice ½ lemon

3 tbsps extra virgin olive oil

Sea salt and freshly ground black pepper

Fetta Yoghurt

200g pack Lemnos Smooth Fetta, drained

1 cup Greek yoghurt

1 tablespoon lemon juice

Sea salt and freshly ground black pepper

1. Preheat the oven to 180°C.
2. Drizzle a little olive oil on a baking tray and arrange the sweet potato evenly around the tray. Bake until soft and lightly golden. Remove from the oven and cool.
3. Heat a small frypan over a medium heat and add the pepitas. Move them around the pan and dry toast them until they begin to colour. Allow them to cool.
4. In a large bowl add the roasted sweet potato, quinoa, onion, chickpeas, kale, toasted pepitas and parsley leaves.
5. Season generously with sea salt and freshly ground black pepper, a squeeze of lemon juice and the remaining olive oil.
6. For the Fetta yoghurt, put the Lemnos Smooth Fetta, yoghurt and lemon juice in a food processor and blend until smooth. Season to taste.
7. Divide the salad between 4 bowls and top with a dollop of the feta yoghurt.



Watermelon, Fetta and Black Olive Salad

Perfect for an Australia Day barbecue, or to bring to parties in the warmer months. Crisp, juicy chunks of watermelon are contrasted with crumbled, tangy Fetta and mint to make the perfect spring taste combination.

Serves 6-8

Preparation time: 10 minutes

500g seedless watermelon, cut into 2-3 cm cubes

180g pack Lemnos Traditional Fetta, cut into 1.5-2 cm cubes

100g pitted kalamata olives

50g baby spinach leaves, washed

½ medium red onion, finely sliced

½ cup each, parsley leaves and mint leaves

1 tbsps olive oil

2 tbsps fresh lemon juice

Sea salt and freshly ground black pepper

1. Combine the watermelon, olives, spinach and herbs together in a large bowl and gently toss. Transfer to a serving dish.
2. Top with the cubes of Lemnos Traditional Fetta and olives.
3. Squeeze fresh lemon juice over the top and drizzle with olive oil. Season to taste.
4. Serve chilled.

Tuna, Rocket and Corn Salad with Smooth Fetta

A light salad of peppery rocket, tuna and corn, mixed with chunks of smooth Fetta is the perfect dinner on a warm spring night. You can cook the corn for this dish outside on a BBQ hot plate for easy spring entertaining.

Serves 4-6

Preparation time: 15 minutes

100g rocket leaves, washed

200g pack Lemnos Smooth Fetta, crumbled into large chunks

185g can tuna in springwater, drained

2 corn cobs, peeled

¼ cup fresh dill fronds

½ cup flat parsley leaves

½ medium red onion, finely diced

3 tbsps olive oil

Juice of one lemon

Sea salt and freshly ground black pepper

1. Heat a frying pan on high, add 1 tablespoon olive oil and the corn cobs, turning occasionally until they begin to char all over. Once the corn is cooked on all sides, remove from heat and set aside to cool. When they are cooled run a knife down each cob, cutting off the kernels from the cob, then place the kernels in a large mixing bowl.
2. Add the rocket, tuna, dill, parsley and onion. Pour over the lemon juice to taste and the remaining olive oil. Season with salt and pepper. Toss gently and transfer into serving dish.
3. Crumble large chunks of the Lemnos Smooth Fetta on top of the salad and serve chilled.



Greek Lentil Salad with Fetta

Delicious Lemnos Fetta combined with lentils, Greek herbs, tomato and cucumber gives a twist on the traditional Greek salad. If you're short on time you can use a 400g can of lentils instead of cooking the lentils from scratch. You can also buy pre-roasted peppers.

Serves 4-6

Preparation time: 15 minutes

Cooking time: 40 minutes

150g French lentils

1 bay leaf

2 medium red capsicums, roasted and sliced

180g pack Lemnos Traditional Fetta, broken into small pieces

10 cherry tomatoes, cut in half

1 medium red onion, roughly chopped

1 cup fresh flat parsley leaves

½ cup fresh mint leaves

10 kalamata olives, pitted and sliced

50g spinach leaves, washed

For the dressing

6 tbsps extra virgin olive oil

4 tbsps red wine vinegar

Pinch of sweet paprika

Salt and freshly ground pepper

1. Place the lentils in a colander and rinse them thoroughly under running water. Drain and place them in a large saucepan. Cover the lentils with a 5-6 cm of cold water, season with salt, add the bay leaf and bring to the boil. Reduce the heat to a gentle simmer and cook for about 15 minutes until they are just cooked through but still firm and holding their shape. Be sure not to overcook them. Place them in a colander under running cold water for about 2 minutes to stop the cooking process and drain them.
2. Preheat the oven to 180°C. Place the whole capsicums on a baking tray and drizzle with a little olive oil. Cook for 30-35 minutes until skin begins to blacken and the capsicums start to soften and collapse. Remove from the oven and wrap tightly in aluminium foil and allow to cool so that the skins easily slip off. Once cool, remove the skins and seeds and slice the capsicums.
3. Add all of the ingredients for the dressing into a large bowl and whisk to combine.
4. Place the cooled lentils in the bowl and toss with dressing. Add half of the Lemnos Traditional Fetta, the chopped onion, cherry tomatoes, olives, spinach, sliced roasted capsicums and herbs and combine. Check the seasoning and transfer to a serving bowl. Scatter with the remaining Lemnos Traditional Fetta and a few fresh herbs just before serving.



Pepper Chicken & Pearl Couscous Salad with Persian Fetta

A flavourful chicken salad with hearty pearl couscous and delicious Lemnos Persian Marinated Fetta to satisfy your hunger needs.

Serves 4

Preparation time: 15 minutes

Cooking time: 20 minutes

250g trussed cherry tomatoes

4 (about 150g each) chicken breast fillets

½ tsp coarsely ground black pepper

1 tsp sumac

1 tbs olive oil

1 ½ cups (300g) pearl couscous

100g baby rocket leaves

½ cup flat-leaf parsley leaves

½ cup mint leaves

250g Lemnos Persian Fetta, crumbled,

reserving 2 tbs of oil

1 tbs cider vinegar

¼ cup (35g) toasted slivered almonds

1. Preheat oven to 200°C. Line a baking tray with baking paper. Place the tomatoes on the tray and drizzle with half the oil. Season with salt and pepper. Roast for 10 minutes or until tomato begin to wilt. Remove from heat.
2. Heat a chargrill pan on high. Combine the chicken, pepper, sumac and remaining oil in a large bowl. Season with salt. Cook on grill, turning, for 10 minutes or until just cooked through. Transfer to a plate. Cover with foil. Set aside for 5 minutes to rest. Thickly slice.
3. Cook the couscous in a saucepan of boiling water for 8 minutes or until tender. Rinse under cold running water. Drain well.
4. Combine the couscous, tomatoes, rocket, parsley, mint, fetta in a large bowl. Whisk the reserved oil and vinegar in small bowl. Drizzle over couscous mixture. Divide among serving plates. Top with chicken and sprinkle with almonds to serve.

Haloumi

The slightly salty taste and squeaky texture of Lemnos Haloumi cheese brings a delightful Mediterranean twist to a salad. When fried or grilled, it's simply irresistible.



Haloumi, Watermelon and Quinoa Salad

A refreshing but substantial salad to accompany a barbeque as a colourful side dish or to serve as a light lunch or dinner on its own.

Serves 4-6

Preparation time: 15 minutes

500g seedless watermelon, cut into batons

180g pack Lemnos Haloumi, cut in batons

1 ½ cups cooked white quinoa

50g washed baby spinach leaves

50g pine nuts, toasted

½ cup each parsley and mint leaves

½ medium red onion, finely sliced

3 tbsps olive oil

Zest and juice of one lemon

Sea salt and freshly ground black pepper

1. On a medium heat, in a large frying pan, add 1 tablespoon of olive oil and the Lemnos Haloumi. Fry for 1-2 minutes on each side or until golden. Set aside to cool slightly.
2. In a large bowl, add the cooked quinoa, watermelon batons, spinach, pine nuts, remaining olive oil, herbs, lemon zest and juice. Toss well. Season to taste.
3. Transfer to a platter, top with the toasted Haloumi.
4. Serve as a refreshing light lunch or dinner or as a colourful side dish.



Haloumi, Red Onion and Cherry Tomato Pasta Salad

This light and flavour-packed pasta salad, with grilled Haloumi and cherry tomatoes, is a great choice for a lunch or dinner when you want something more filling.

Serves 4

Preparation time: 15 minutes

Cooking time: 15 minutes

2 tablespoons olive oil

1 medium red onion, cut into wedges

2 long red chillies, finely sliced (optional)

180g pack Lemnos Haloumi, cut into cubes

2 cups cherry tomatoes, halved

250g of your favourite pasta, cooked following pack instructions and drained

½ cup fresh flat leaf parsley leaves

¼ cup basil leaves

Juice of one lemon

Sea salt and freshly ground black pepper

A few extra basil and parsley leaves for decoration

1. Heat the olive oil in a large frying pan or sauté pan over a medium heat. Add the onion and the chilli and fry for 2-3 minutes, until soft and just starting to colour.
2. Remove the onions from the pan (reserve), add the Lemnos Haloumi and fry for 2-3 minutes, turning occasionally until all sides are golden.
3. Return the onions to the pan along with the tomatoes, hot cooked pasta, fresh herbs and lemon juice (to taste). Mix together well and season generously with salt and freshly ground black pepper.
4. Serve warm, garnished with a few extra basil or parsley leaves.



Mixed Tomato Salad with Toasted Haloumi

Mixed Heirloom tomatoes on a bed of toasted golden Haloumi and red onion and finished with fresh herbs and basil. This is a perfect dish to serve in summer when tomatoes are at their flavor filled best, the combination of fruity tomatoes with squeaky textured toasted Haloumi and fresh herbs is just amazing

Serves 4

Preparation time: 10 minutes

Cooking time: 2-3 minutes

1 180g pack Lemnos Haloumi

1 punnet Heirloom tomatoes, sliced

2 very ripe large tomatoes, sliced

1 small red onion, peeled and thinly sliced

extra virgin olive oil for drizzling

basil leaves

dukkah (optional)

sea salt and freshly ground black pepper

1. Cut the Lemnos Haloumi in thin wedges and brush a large frying pan or a barbecue flat plate with a little olive oil. Fry the Haloumi gently on a medium heat until it's a delicious golden brown.
2. On a serving plate pile the sliced tomatoes, toasted Haloumi and red onion. Season with a little salt and black pepper and then finish the dish with a drizzle of good quality extra virgin olive oil and a scattering of fresh basil leaves and dukkah if your using it.



Haloumi, Pomegranate and Spinach Salad

This salad deliciously combines Haloumi with pomegranate, spinach and walnuts.

Serves 4

Preparation time: 15 minutes

Cooking time: 10 minutes

½ cup (50g) walnut halves

1 tbs honey

2 tbs pomegranate molasses

1 tbs lemon juice

2 tsp Dijon mustard

¼ cup (60ml) extra virgin olive oil

180g pack Lemnos Haloumi, cut into 2 cm cubes

1 bunch rocket, leaves coarsely torn

50g baby spinach leaves

1 pomegranate, seeded

1. Preheat oven to 180°C. Line a baking tray with baking paper. Scatter walnuts over the tray and drizzle with honey. Bake for 5-7 minutes or until walnuts caramelize. Remove from oven and set aside to cool.
2. Combine the pomegranate molasses, lemon juice, mustard and 2 tbs oil in a screw-top jar and shake until well combined. Season with salt and pepper.
3. Heat the remaining oil in a large frying pan over high heat. Add the haloumi; cook, turning, for 2 minutes or until golden brown and heated through. Remove from heat.
4. Combine rocket and spinach in a large bowl. Drizzle with dressing and gently toss to combine. Arrange on serving plates. Top with haloumi and walnuts and sprinkle with pomegranate seeds. Serve immediately.



Almond Pan Fried Haloumi, Rocket and Orange Salad

This salad makes a perfect vegetarian meal. To save time, cook Haloumi in advance and then flash in a hot oven for 2-3 minutes just prior to serving.

Serves 6

Preparation time: 15 minutes

Cooking time: 10 minutes

Juice of 1 orange
2 tbs olive oil
1 clove garlic, crushed
1 tbs wholegrain mustard
125g baby rocket leaves
1 cup parsley leaves
3 oranges, peeled, halved and thinly sliced
180g pack Lemnos Haloumi, cut into 1/2 cm thick slices
Plain flour, for dusting
1 egg, lightly beaten
1 1/2 cups fresh breadcrumbs
1/2 cup natural flaked almonds, roughly chopped
Oil, for shallow frying

1. Combine orange juice, oil, garlic and mustard in a jar and shake until well combined.
2. Arrange rocket, parsley and orange slices on a serving platter.
3. Coat Haloumi in flour, dip in egg and roll in combined breadcrumbs and almonds, pressing firmly.
4. Heat oil in a frypan over medium heat and cook haloumi on each side, until golden. Drain on absorbent paper, before adding to salad greens. Drizzle with dressing and serve immediately.



Quinoa & Haloumi Salad with Chilli Coriander Dressing

Haloumi combined with quinoa and vegetables creates a delicious salad that's wholesome and substantial to enjoy as a meal on its own.

Serves 4

Preparation time: 15 minutes

Cooking time: 20 minutes

1 large kumara (orange sweet potato), peeled, halved lengthways, thickly sliced

1 red onion, cut into wedges

1 tsp cumin seeds

½ tsp ground coriander

¼ cup (60ml) olive oil

2 cups (500ml) vegetable stock

1 cup (200g) quinoa, rinsed, drained

1 cup coriander leaves

1 long red chilli, seeded, finely chopped

2 tbs lemon juice

1 cup mint leaves

180g pack Lemnos Haloumi, thickly sliced crossways

Lemon zest, to serve

1. Preheat oven to 200°C. Line a baking tray with baking paper. Combine the kumara, onion, cumin, ground coriander and 1 tbs oil in a large bowl. Season with salt and pepper. Arrange in a single layer over the lined tray. Roast, turning occasionally, for 20 minutes or until golden brown and just tender. Set aside to cool slightly.
2. Meanwhile, combine the stock and quinoa in a large saucepan over high heat. Bring to the boil. Reduce heat to low; simmer, covered, for 10 minutes or until tender. Remove from heat. Set aside, covered, for 10 minutes.
3. Finely chop ¼ cup of the coriander. Place in a screw-top jar with the chilli, lemon juice and half the remaining oil. Shake until well combined. Season with salt and pepper.
4. Heat remaining oil in a large frying pan over high heat. Cook haloumi for 1-2 minutes each side or until golden brown. Transfer to a plate.
5. Combine the kumara mixture, quinoa, mint and remaining coriander in a large bowl. Arrange on a serving platter. Top with haloumi and drizzle with coriander dressing. Serve immediately sprinkled with lemon zest.



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