

Yevgeniya Sikhimbayeva

Delicious salads for HLS

Book series
"Gods of nutrition and cooking"



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Аннотация

The book «Delicious Salads for a Healthy Lifestyle» is a real treasure for those who strive for a healthy lifestyle and love to cook delicious and healthy dishes. The book contains salad recipes that will not only saturate the body with essential vitamins and minerals, but will also help control weight. You will find here salads for every taste and from any ingredients – from classic vegetable salads to exotic combinations with fruits and nuts. Enjoy by yourself, with family and friends!

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Delicious salads for HLS Book series «Gods of nutrition and cooking»

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AUTOBIOGRAPHY

Yevgeniya Sikhimbayeva: owner of the translation agency and the Helvetia Publishing House.

Lifetime diplomatic rank – attaché.

Three bachelor degrees with honors (laws, economy, diplomacy).

Graduate of the Diplomatic Academy of London, PhD Certificate of Laws of the University of London (UCL), etc.

Miss Internet Kazakhstan, 2000, etc.

Visited 38 countries.

Speaks Rus, Eng, Fr.

Writer. Poetess.

Hobbies: inventing unusual ideas that make the world an even more wonderful place to live in.



DISCOVER A WORLD OF VIBRANT TASTES AND HEALTHY HABITS!

Welcome! This book will become your faithful assistant in creating bright, nutritious and amazingly tasty dishes that will help you eat balanced and with pleasure.

We offer you not just recipes, but a journey into the world of tastes and colors, where each salad is a small masterpiece of culinary art. You will learn about the most useful ingredients, their compatibility, as well as amazing flavor nuances that will turn an ordinary salad into a real culinary masterpiece.

Interesting Facts:

Salads are an ideal source of vitamins and minerals. They are high in fiber, which helps improve digestion and make you feel fuller longer.

Salads can be very varied. You can experiment with different ingredients, dressings and sauces to find your perfect salad.

Make your choice in favor of delicious and healthy salads!

Note: Illustrations may not be 100% identical to the recipe in the book. However, here you can always count on your personal imagination and taste.

1. BEAN AND TUNA SALAD

Ingredients:

- 1 can of beans
- 1 can of tuna in oil
- 1 red pepper
- 1 red onion
- 2 tbsp. l. olive oil
- 1 tbsp. l. fresh lemon juice
- 1 tbsp. l. honey

Preparation:

1. Open a can of beans, drain the liquid, and rinse the beans in cold water. Place beans in a large bowl.
2. Open a can of tuna in oil, drain the liquid and add the tuna to the bowl with the beans.
3. Cut the red pepper into thin strips and the red onion into thin half rings
4. For dressing, mix olive oil, fresh lemon juice, honey in a blender until smooth.
5. Pour the dressing over the salad and toss gently.
6. Leave the salad in the refrigerator for 30 minutes so that the ingredients are saturated with aromas and tastes.

7. Serve chilled.

Bon appetit!



2. CHICKEN SALAD WITH MANGO AND AVOCADO

Ingredients:

- 2 chicken breasts
- 1 large mango
- 2 medium avocados
- 1 red onion
- 1 cucumber
- 1 chili pepper
- 1 lime
- 2 tbsp. 1. olive oil

Preparation:

1. Cut the chicken breasts into pieces and fry over medium heat until golden brown.
2. Chop the mango, avocado, red onion and cucumber into pieces and place in a large bowl.
3. Grind the chili pepper and add to the bowl.
4. In a separate bowl, whisk together lime juice, olive oil, salt and pepper.
5. Add the fried chicken to the bowl with the remaining

ingredients and stir to combine.

6. Pour the sauce over the salad.

7. Serve on a large plate and enjoy the taste of this chic salad.

Bon appetit!



3. POMEGRANATE WORLD SALAD WITH ROST BEEF AND POMEGRANATE

Ingredients:

- 500 g roast beef
- 1 bunch of arugula
- 1 pomegranate
- 50 g walnuts
- 100 g chopped parmesan
- 2 tbsp. 1. olive oil
- 2 tbsp. 1. balsamic vinegar
- 1 tbsp. 1. honey
- salt and pepper to taste

Preparation:

1. Cut the roast beef into thin slices.
2. Divide the arugula and place on a plate around the roast.
3. Prepare the pomegranate: remove the seeds and place them on top of the arugula.
4. Fry the walnuts in a dry frying pan until golden brown.
5. Sprinkle nuts over salad.

6. Cut the Parmesan into thin slices and place on a plate around the arugula.
7. For the dressing, combine olive oil, balsamic vinegar, honey, salt and pepper in a bowl.
8. Drizzle dressing over salad and roast beef.

Bon appetit!



4. COUSCUS SALAD WITH VEGETABLES AND FETA

Ingredients:

- 1 cup couscous
- 1 large cucumber
- 2 medium tomatoes
- 1 red onion
- 1 bunch of fresh herbs (dill, parsley, mint)
- 2 tbsp. l. olive oil
- 2 tbsp. l. fresh lemon juice
- 1 tsp. honey
- 1 tsp. ground coriander
- 100 g feta

Preparation:

1. Prepare couscous according to package directions.
2. Chop the cucumber, tomatoes and red onion into pieces and place in a large bowl.
3. Add chopped fresh herbs.
4. In a separate bowl, combine olive oil, fresh lemon juice, honey, ground coriander, salt and pepper.

5. Add the couscous to the bowl with the vegetables and stir to combine.

Конец ознакомительного фрагмента.

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