

Yevgeniya Sikhimbayeva

Festival: salads for every taste

Book series
"Gods of nutrition and cooking"



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**Festival: salads for every
taste. Book series «Gods
of nutrition and cooking»**

«Издательские решения»

Sikhimbayeva Y.

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Discover the world of bright, original and incredibly tasty salads! In this book you will find recipes for every taste and occasion: from light and refreshing to hearty and nutritious. Inside you will find: classic recipes with new and unexpected variations. Original ideas with unusual combinations of flavors. Simple and affordable ingredients that are easy to find in any store. We invite you to our gastronomic salad festival!

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Festival: salads for every taste

Book series «Gods of nutrition and cooking»

Yevgeniya Sikhimbayeva

Editor Yana Kazantseva

Illustrator Dream by WOMBO

Cover designer Valentina Kochubei

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AUTOBIOGRAPHY

Sikhimbayeva Yevgeniya: 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 beautiful place to live in.



EAT VARIOUSLY!

Imagine: bright, juicy, incredibly tasty salads that surprise you with their variety and make you fall in love with them.

20 recipes that will turn your lunches and dinners into a holiday. From light and refreshing to hearty and savory, from classic to signature, everyone will find their perfect salad.

Variety of flavors: seafood, meat, poultry, vegetables, fruits, cheeses – everything to make every day a new culinary discovery!

Don't miss the opportunity:

Treat yourself and your loved ones with exquisite and delicious dishes.
Become a real culinary guru and surprise everyone with your culinary talents.

«**Festival: salads for every taste**» is more than just a recipe book. This is an investment in your culinary talent and a guarantee of new taste discoveries.

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. «PRAWN PARADISE» SALAD

Ingredients:

- 500 g shrimp
- 1 large avocado
- 1 large mango
- 1 red onion
- 1 red pepper
- juice of 1 lime
- 2 tbsp. l. olive oil
- fresh cilantro for serving

Preparation:

1. Peel the shrimp, remove the heads and tails, then fry in a frying pan over medium heat until cooked through. Salt and pepper to taste.
2. Peel the avocado and mango and cut them into cubes.
3. Slice the red onion and red pepper into thin half rings.
4. In a large bowl, combine shrimp, avocado, mango, red onion and red pepper.
5. Add lime juice and olive oil, mix well.
6. Garnish with fresh cilantro and serve.

Bon appetit!



2. MINT BREEZE SALAD WITH ZUCCHER AND MINT

Ingredients:

- 2 medium zucchini
- 60 g walnuts
- a few fresh mint leaves, chopped
- 3 tbsp. l. olive oil
- 2 tbsp. l. fresh lemon juice
- 1 tbsp. l. honey
- salt and pepper to taste

Preparation:

1. Cut the zucchini into thin slices. Place them on a paper towel and sprinkle with salt. Leave for 10—15 minutes so that they release excess liquid.
2. Fry the zucchini over medium heat for 3—5 minutes until golden brown.
3. Transfer zucchini to a large bowl.
4. Add walnuts and chopped mint.
5. In a bowl, mix olive oil, lemon juice, honey, salt and pepper.
6. Pour the sauce over the salad and mix well.
7. Garnish with fresh mint leaves and serve.

Bon appetit!



3. SALAD WITH BUCKWHEAT, TUNA AND OLIVES «LADUSHKA»

Ingredients:

- 1 cup boiled buckwheat
- 1 can of tuna in oil
- 50 g chopped olives
- 1 head of red onion
- 2 tbsp. l. olive oil
- 1 tbsp. l. fresh lemon juice
- salt and pepper to taste
- fresh parsley for serving

Preparation:

1. In a large bowl, combine cooked buckwheat, chopped tuna and chopped olives.
2. Add red onion, cut into thin half rings.
3. In a separate bowl, combine olive oil, lemon juice, salt and pepper.
4. Pour the sauce over the salad and mix well.
5. Garnish with fresh parsley and serve.

Bon appetit!



4. SALAD WITH PUMPKIN AND CHICKEN «SUNNY BUNNY»

Ingredients:

- 1 medium pumpkin
- 2 chicken breasts
- 1 pomegranate
- 1 red onion
- 2 cloves of garlic
- 2 tbsp. l. olive oil
- 2 tbsp. l. balsamic vinegar and 1 tbsp. l. honey

Preparation:

1. Preheat the oven to 200 degrees. Peel the pumpkin and remove seeds, cut it into cubes and place on a baking sheet. Season with salt, pepper and olive oil. Place in the oven for 20—25 minutes until golden brown.
2. Cut the chicken breasts into pieces and fry in a frying pan until golden brown. Add finely chopped onion and garlic, fry for another 2—3 minutes until the onion is soft.
3. To prepare the dressing, combine olive oil, balsamic vinegar, honey, salt and pepper in a bowl.
4. Remove the pumpkin from the oven and let it cool. Separate the pomegranate seeds, then in a large bowl, combine the roasted pumpkin, chicken and onions, pomegranate seeds, and pour over the dressing.

Конец ознакомительного фрагмента.

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