



Wholesome Salads for Everyday of the Year

CONTENTS

Health is the new wealth

This course will teach you all the basics you need to create high energy delicious healthy wholesome salads as meals that are great for work lunches and pre-cooking and will become a staple to your diet plan. Some are fancy and some are great for pre-cooking. If you are into organics and wholefoods, you will find many new favorites in these step-by-step videos that offer you many useful cooking tips.



Introduction

Chefs-Eye View Video Lesson with PDF recipes

- Carrot and ginger salad with passion fruit and goat cheese
- Buckwheat Noodle Salad
- Honey Prawn Salad with mango avocado lime and pumpkin seeds
- Fennel Orange and Red onion salad with Persian feta
- Italian Bread salad
- Caesar Salad

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- Middle Eastern Chickpea Salad
- Leek with smoked salmon soft boiled eggs and garlic and chive dressing
- Winter leaf salad with pear and blue cheese
- Quinoa and goatcheese parsley salad
- Radish and cherry tomato salad
- Avocado, Spinach and asparagus salad with smoked salmon
- Rice and kale salad with pomegranate and feta cheese
- Bocconcini capsicum and lentil salad
- Mixed Bean Salad with Pine Nut Dressing
- Creamy Potato Salad
- Potato Salad with Rocket Mustard and Crispy Bacon
- Potato and Tuna Salad Nicoise
- Eggplant and parsley salad

“Dedicated to bringing the chef out in you” – Walter Trupp