

TikTok Green Goddess Salad

Serves 4

10 mins

4 main ingredients

What you'll need

Main ingredients

1 small cabbage finely diced (we used a 'pointy' cabbage)

½ cucumber finely diced (seeds removed)

3 or 4 spring onions finely sliced

¼ cup fresh chives finely sliced

Fresh/ frozen

Juice of 2 lemons

1 or 2 garlic cloves

1 shallot

1 cup fresh basil

1 cup spinach

Store cupboard

¼ cup olive oil

2 tbsp rice vinegar (or apple cider vinegar)

⅓ cup nutritional yeast

¼ cup walnuts

1 tsp salt

What to do

1. Finely dice or chop up all of the main ingredients, add to a large salad/ mixing bowl.
2. In a blender or food processor, add the dressing ingredients, liquids first: juice of 2 lemons, ¼ cup of olive oil, 1 tbsp rice or apple cider vinegar, 1 roughly chopped shallot, 1 cup fresh basil (we used coriander), 1 cup spinach, ⅓ cup of nutritional yeast (or finely grated parmesan cheese), ¼ cup walnuts, and a tsp salt. Blend until smooth.
3. Add the dressing to the bowl with the main ingredients and mix well. Enjoy a big bowl on its own, instead of slaw or, as a side dish with your choice of grilled protein.

Notes & tips

- We didn't have any fresh chives or shallot, so we just left them out and it was still delicious!
- We had a big bunch of coriander so used that instead of fresh basil - it gave amazing slaw/salsa vibes and would be great as a side to your TexMex favourites - such as fajitas. You could swap the melon juice for lime too.