

Smokey and spicy tahini dressing

Preparation time 5 minutes

Ingredients:

3 tbsp. tahini
6 – 8 tbsp. water
1 clove garlic, crushed
1 roasted red pepper (jarred is fine)
1 tsp. smoked paprika
1 tbsp. sherry vinegar
2 tbsp. extra virgin olive oil
Salt and pepper to taste

Directions:

- Blend all ingredients together using a stick blender or a small high-powered blender like a Nutri bullet.
- This makes enough for several salads and keeps in the fridge in a fully covered container or jar for 3 or 4 days

Simple salad ideas

- Pull 3 handfuls of kale off the fibrous stem, wash and dry well. Finely slice and place kale in bowl with ½ finely sliced red onion and 2 tbsp. of the dressing. Massage dressing into the leaves and leave to rest for at least 30 minutes. Top with 2 tbsp. lightly toasted walnuts and serve with some grilled fish or butterbeans
- Break or chop a head of broccoli into very small florets. Toss with ½ tbsp. oil and grill under a pre-heated grill until starting to brown. Place in a bowl with 1 tin brown or Puy lentils, 2 finely grated carrots, 1 tbsp. finely chopped fresh parsley and 2 – 3 tbsp. of the spicy tahini dressing. Season and mix well, sprinkle with a handful of roughly chopped pistachio nuts and serve. Keeps in the fridge for 1 – 2 days.

For a milder version, replace the sherry vinegar with 2 -3 tbsp. lemon juice and omit the smoked paprika and red pepper.