

NON-BORING SALAD RECIPES



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2. Cheeseburger Salad
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4. Mediterranean Quinoa Salad
5. Mexican Street Corn Salad
6. Roast Veggie & Lentil Salad
7. Roasted Pumpkin & Feta Salad
8. Warm Sweet Potato & Kale Salad



AVOCADO & MANGO RAINBOW SALAD

INGREDIENTS

1 cup mixed greens
½ ripe mango, diced
¼ avocado, sliced
¼ carrot, julienned
1 tsp sesame seeds

DRESSING

1 tbsp lime juice
1 tsp honey
1 tbsp olive oil

INSTRUCTIONS

1. Assemble greens, mango, avocado, carrot, and cucumber in a bowl.
2. Whisk together dressing ingredients.
3. Drizzle over salad and top with sesame seeds.



CHEESEBURGER SALAD

INGREDIENTS

- Potatoes (white or sweet)
- Lean Mince
- Onion Powder
- Garlic Powder
- Paprika
- Salt/Pepper
- Brown Onion (diced finely)
- Burger Sauce
- Burger Pickles
- Shredded Lettuce
- Cherry Tomatoes Slices

METHOD

1. Cut up Potatoes, spray with Olive Oil then sprinkle on some Paprika & Salt, toss to coat
2. Cook Spuds in Airfryer for 20 mins at 200 Degrees
3. Meanwhile, Brown Mince, add in Onion and stir through Onion Powder, Paprika & Salt/Pepper
4. Once cooked, remove from heat and add cheese slices to the top of mince
5. Plate up with all other



GRILLED CHICKEN & AVOCADO SALAD

INGREDIENTS

- 1 grilled chicken breast, sliced
- 1/2 ripe avocado, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cucumber, sliced
- 1/4 red onion, thinly sliced
- 1 tbsp toasted seeds or crushed almonds

DRESSING

- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp honey
- Salt & pepper

INSTRUCTIONS

1. In a bowl, layer salad greens, cucumber, tomatoes, onion, grilled chicken, and avocado.

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MEDITERRANEAN QUINOA SALAD

INGREDIENTS

- 1 cup cooked quinoa
- 2 cups spinach and/rocket
- 1 cup cherry tomatoes (quartered)
- 1 cup cucumber (sliced)
- 1/3 cup pitted Kalamata olives
- 1/4 cup crumbled feta

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DRESSING

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1/2 tsp dried oregano
- Salt & pepper

1. Combine quinoa, spinach, cherry tomatoes, cucumber, olives, and feta in a large bowl.
2. In a small bowl, whisk together olive oil, lemon juice, oregano, salt, pepper.
3. Pour dressing over salad and toss to combine.



MEXICAN STREET CORN SALAD

INGREDIENTS

- 2 corn cobs (charred or grilled)
- 1/2 red capsicum, diced
- 1/2 punnet cherry tomatoes, halved
- 1/2 avocado, diced
- 2 tbsp chopped fresh coriander
- 2 tbsp crumbled feta
- Juice of 1 lime

DRESSING

- 2 tbsp Greek yoghurt
- 1 tsp smoked paprika
- Salt to taste

INSTRUCTIONS

1. Cut corn off the cob after charring.
2. Combine all salad ingredients in a bowl.
3. Mix dressing in a small bowl, then toss through the salad.
4. Serve with extra lime wedges.



ROAST VEGGIE & LENTIL SALAD

INGREDIENTS

- 1 cup cooked brown lentils (or 1 tin, drained & rinsed)
- 1 small sweet potato, diced
- 1 zucchini, sliced
- 1 red onion, cut into wedges
- 1/2 red capsicum, sliced
- 1 tbsp olive oil
- Salt & pepper
- 2 cups baby sipiàcc or rocket

DRESSING

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar

INSTRUCTIONS

1. Preheat oven to 200°C. Toss sweet potato, zucchini, onion, and capsicum with olive oil, cumin, salt, and pepper. Roast for 25-30 mins until tender.
2. In a large bowl, combine roasted veggies, lentils, and spinach.
3. Shake dressing ingredients in a jar until well mixed.
4. Pour over salad, toss gently, and top with feta and walnuts or pepitas.



ROASTED PUMPKIN & FETA SALAD

INGREDIENTS

- 2 cups roasted pumpkin (cubed)
- 2 large handfuls baby spinach
- 1/4 red onion thinly sliced
- 1/4 cup crumbled feta
- 2 tbsp toasted pine nuts
- Balsamic glaze (to drizzle)

INSTRUCTIONS

1. Roast pumpkin cubes at 200°C for 25-30 minutes or until golden and tender.
2. In a bowl, combine baby spinach, roasted pumpkin, red onion, and feta.
3. Sprinkle pine nuts on top.
4. Drizzle with balsamic glaze just before serving.

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WARM SWEET POTATO & KALE SALAD

INGREDIENTS

1 small sweet potato, cubed and roasted
1 cup kale, massaged with olive oil
2 tbsp dried cranberries
1-2 tbsp pepitas
1/4 red onion, thinly sliced

DRESSING

1 tbsp olive oil
1 tbsp apple cider vinegar
1 tsp maple syrup
1/2 tsp mustard

INSTRUCTIONS

1. Roast sweet potato at 200°C for 30 mins or until soft.
2. Massage kale with olive oil for 1-2 mins.
3. Combine kale, sweet potato, cranberries, onion, and cheese.
4. Drizzle with dressing and toss to serve.

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