

2
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Mouthwatering Middle Eastern-Style Salad

Edgy, zesty and mouthwatering to the full – this salad is perfect to eat as a main course, perhaps with a hot, crunchy wholemeal baguette – or as an accompaniment to virtually any meal you wish. Soaked in a rich and tasty dressing, I wanted to hit the palette on all its dimensions – sweetness, a tad of spice,

Mediterranean, and with lots of zang !!!

NOTE : The trick with this salad is to cut each ingredient into very small squares/pieces.

Serves 2 to 3

INGREDIENTS

2 x 14 oz (400 g) tins of cannellini beans, drained and rinsed

12 cherry tomatoes, chopped

1 small red pepper, chopped

1 medium cucumber (washed, but not peeled), chopped into small pieces

2 spring onions, chopped (finely chopped red onions also work very well in this)

3 large cloves garlic, finely chopped

2

Share $\frac{1}{2}$ cups of rucola (rocket) or radicchio lettuce

handful of bean sprouts (optional)

ie zest of 1 lemon, or other citrus fruit

basil leaves, chopped

handful of fresh flat leaf parsley, finely chopped

METHOD

Place all the above ingredients in a bowl, then add the following dressing on top :

DRESSING

1 tsp dried mint

1 tsp curry powder

salt to taste (it will need it)

freshly ground pepper

1 Tbsp (15 mL) maple syrup, agave nectar, or alternative sweetener of your choice

the juice of 2 lemons

2

Shares 3 Tbsp (45 mL) extra virgin olive oil

dd this dressing to the salad, toss well, and then transfer into a serving dish. Enjoy the sublime juices and avours that mingle on your tongue ! And as if that weren't enough, it's very good for you too !



All recipes and content © Miriam Sorrell www.mouthwateringvegan.com 2010

These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment !

suitable for vegans, vegetarians and meat-eaters alike



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Peek, Zucchini & Fresh
Parsley Soup With A
Lemon Twist

Blissful Citrus Thirst
Quencher



139 COMMENTS



Eva

July 23, 2012 at 1:26 pm

Yum... Will be trying this for my BBQ!!!



Candy

July 23, 2012 at 2:29 pm

Hi, I wanted to know where your print tab is on your site so that I can print some recipes.
thanks



Miriam

July 23, 2012 at 5:42 pm

Hi there Eva and welcome here. Hope you enjoy this salad as and when ! Best wishes your way !



Caroline

July 23, 2012 at 5:59 pm

Looks delish! And idea how long it will keep in the fridge?



Miriam

July 23, 2012 at 7:46 pm

Hi there Caroline and thanks for your comment. Airtight container should be okay for up to 2 days. Cheers !



Glenda

July 23, 2012 at 7:56 pm

This looked so interesting I had to make it as soon as I saw the recipe. It's delicious! I loved the crunch of the bean sprouts and the taste of the basil, mint and parsley. Im not fond of curry but I knew I needed to use it to get the Eastern flavor so I cut the amt in half. It was not an overwhelming taste at all and probably could have used the full amount. it makes a lot, so it's great for a big crowd. Can't wait for all the flavors to meld and will have it for dinner tonight over a bed of lettuce. Thanks for posting this recipe.



Miriam

July 24, 2012 at 10:49 am

Glenda Hi there and welcome here to my blog. Many thanks for dropping by here with your

comment. I am delighted that you have made this salad and from what I gather tasted it, although you intend to have it for dinner the juices will indeed merge and create a wonderful and memorable taste. I hope you enjoy it again, as it is a meal in itself. I look forward to your future comments on my blog and in the meantime send best wishes your way ! Cheers !

2Shares

**Miriam***July 24, 2012 at 10:51 am*

Candy Hi, and welcome here. I am set up to post and receive comments on my blog. If you wish to print any recipes I suppose all you have to do is print the page, ie get it into a pdf form by 'control p' and print it out. Sorry I am not much of a techie but hope this helps you. In the near future these and many new recipes of mine will appear in my forthcoming publication. Kind regards to you.

**Bam's Kitchen***July 24, 2012 at 2:53 pm*

I have ventured over from facebook to view your recipe posted by Sumptous spoonfuls. I am craving these light and delicious herbs and flavors. It is such delightful dish to make in this heat. Looking forward to keeping in touch. Take care, BAM

**Miriam***July 24, 2012 at 10:32 pm*

Hi there Bam and welcome here – it is indeed an apt dish for the hot months. I do hope you try and enjoy this or any other recipes that take your fancy. Best wishes your way.



Andrea - Chocolate and Beyond

July 25, 2012 at 11:46 am

I love salads made using white beans. They add a real toothsome-ness I always think! We've barely had any sunshine in the UK to feel like 'summer salads' but one can always hope



You have some wonderful recipes here Miriam. I have my eye on your cheesecake ones in particular. I have also added you to my list of vegan resources & food blogs on my own site: <http://www.chocolateandbeyond.co.uk/vegan-blogs.html>

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Miriam

July 25, 2012 at 2:40 pm

Ok Andrea thanks for popping by here and you are welcome. I hope you manage to enjoy some of my recipes that grab your attention at some point. Best wishes your way in the meantime. (P.S. I think you might like the Chocoholic's Cheesecake !).



Michael (from Facebook)

July 26, 2012 at 11:14 am

This is a delightful example of highlighting a meal with lively Vegan plant-based cuisine!



VR

July 26, 2012 at 11:23 am

Hi Miriam...Greetings from India...The moment i saw this recipe of yours, i was reminded of our bhel puri a snack food...don't know if you have heard about it...its made with puffed rice instead of cannellini beans. Hope i am not way off the mark ... 😊



Miriam

July 26, 2012 at 6:51 pm

Interesting to know this VR. Best wishes.



Miriam

July 26, 2012 at 6:52 pm

Michael Hi there and welcome here. Thanks for dropping by here with your eloquently put description of this dish as well as good plant based vegan food in general. Best wishes your way !



VR

July 27, 2012 at 7:33 am

Thanks for replying my earlier comment with your best wishes, i reciprocate the same to you...You know the colors in this dish very much similar to our national flag...orange, white and green...just another observation... 😊



Alexandru

July 27, 2012 at 2:20 pm

What an amazing salad! I just ate a big portion and I love it. I have to say that I don't like rucola but it had its place here. Thank you for sharing all these amazing recipes!



Carolyn

July 28, 2012 at 5:08 am

I don't think I've seen a more inviting looking salad. Can't wait to try it out!

2

Shares



Miriam

July 28, 2012 at 9:15 am

Carolyn Hi there and welcome here. It is quite a handsome salad I have to agree with you. I do however look forward to your feedback on it once you manage to make and try it out. Best wishes your way in the meantime.



Miriam

July 28, 2012 at 9:23 am

Hi there Alexandru and welcome here. Many thanks for coming back with your feedback having tried my salad, and am delighted that you thought it to be amazing, that's great and it's my pleasure sharing my recipes here too. Do come back again with your feedback on my other recipes as and when you try the next one too. Meantime, best wishes your way !



Miriam

July 28, 2012 at 9:23 am

Thanks VR.



Kathi

August 5, 2012 at 10:44 pm

Your recipes look delicious, I just found you on facebook and as a brand new vegan, I look forward to trying out new dishes.

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Miriam

August 6, 2012 at 9:04 am

Hi there Kathi and kudos to you for choosing to be Vegan, that's awesome news. I also look forward to your trying out my recipes. Any questions just write in and let me know. Very best wishes your way !



Silva

August 10, 2012 at 6:06 am

Miriam – I made this recipe and it is awesome. I will link this page onto my site so I can share this with others. Thank you so much.
Silva.

Pingback: Middle Eastern-Style Salad : Nutritional Empire



Miriam

August 13, 2012 at 11:01 am

Nutritional Empire – thanks for the post and link to this recipe. Cheers !



Miriam

August 13, 2012 at 11:01 am

Silva Hi there and welcome. Just saw my recipe up on your page. Thanks for the link dear. Best wishes your way !

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Allison Smith

August 15, 2012 at 3:16 pm

Hi Miriam

I love recipes like this one and I look forward to making it, I absolutely love cannellini beans with their buttery flavour, and idea to this is you could add young blanched green beans (when they are in season) I love your posts on Facebook and your website



Miriam

August 15, 2012 at 3:37 pm

Allison Hi there and welcome here. I hope you make and enjoy this salad. By all means do add the green beans if you wish, although I suspect that if you try it as is you will find that the combination of flavours is not lacking and blends well on the palette. Many thanks for your wonderful compliments and I look forward to your feedback and future comments on my blog. Meantime, best wishes your way !



Marie

August 15, 2012 at 8:48 pm

I made this salad today, and even my children LOVED it. I will definitely make it again. It was so tasty and fresh. Amazing. thanks so much!





Miriam

August 16, 2012 at 8:34 am

Marie Hi there and many thanks for dropping by here with your comment. I am delighted to here that your children loved this salad as well as yourself – it's always a win-win when the whole family loves a recipe, and a 'thumb's up' when it's a salad. Kudos to you for choosing this recipe for your family. I look forward to your future comments on my blog. Best wishes your way in the meantime !

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Melanie

August 16, 2012 at 10:08 am

Hi Miriam, still loving your recipies, wondered if you are anywhere nearer publishing your cook book yet? x



Melanie

August 16, 2012 at 2:29 pm

Hi Miriam, no just a regular fan of your site! I remembered you said you would be publishing a book and wondered whether you had yet?



Miriam

August 16, 2012 at 3:03 pm

Melanie that is so kind of you to get back to me. My book is due to be published and on the shelves hopefully by next April (2013), it will be extensive and packed with many new delicious recipes. I shall make sure you are down on my list and will notify you close to the time. Meantime I do hope you are enjoying the recipes here on my blog. Very best wishes your way in the meantime Melanie and I look forward to your future comments here on my

blog.



Mandy Groves

August 16, 2012 at 10:04 pm

This looks fabulous. Perfect time to make with Farmer's Markets' overflowing with divine veggies. I won't be using the agave nectar (that shit is bad for you) I will have to play around with what to add to sweeten her up. I will certainly let you know what I discover works well as a substitute.



Miriam

August 17, 2012 at 3:14 pm

Mandy Hi there. I hope you enjoy this recipe. I have read many things about agave, and therefore I have chosen to give the option of other sweeteners of people's choice. Maple syrup will also do the job, as will molasses. Best wishes your way !



Cecilia

August 18, 2012 at 1:25 am

Hi Miriam! I'm so excited! A friend recommended your website and yesterday I had a look and fell in lust with this salad! I knew I had to have it and I knew I couldn't wait 😊 Eating it now, made with addition of finely chopped kale instead of lettuce, fresh mint instead of dried, leeks instead of green onions, cumin, pea shoots and sprouted beans. As my friend Tiffany would say: "Nom, nom, NOM!"





Miriam

August 18, 2012 at 9:27 am

Hi there Cecilia and welcome here. I am glad you have found my site, and delighted you like my salad – and thanks for your compliments. I look forward to your future comments on my blog and best wishes your way in the meantime !

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Helena

August 19, 2012 at 8:32 am

Great! Truly mouthwatering. I found your FB page and looking at the pictures, I am getting hungry, though I've just had breakfast. I will probably try this recipe today.



Miriam

August 19, 2012 at 9:59 am

Hi there Helena and welcome here. I am delighted you have found my page and I honestly think you have made an awesome choice with your first recipe. Let me know how it goes and best wishes your way in the meantime.



Kato

August 21, 2012 at 4:37 pm

this is delicious. I have made it twice in two days. So tasty and satisfying. Ive added extra garlic and also some fresh chill in mine as I do like a kick to my food.



Miriam



August 23, 2012 at 10:51 am

Hi there Kato and thanks for your feedback here. I am delighted you enjoyed this salad and that you have made it twice in a row already – how wonderful ! I look forward to your future comments on my blog and best wishes your way !

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Bianka

September 1, 2012 at 6:35 am

Hi Miriam. Thanks for your recipes. You have recipes For Raw Vegan ? 😊



Miriam

September 1, 2012 at 10:49 am

Bianka Hi there and welcome here. I have semi-raw dishes as is the case with my salads. I do hope to present some in the near future. Best wishes your way !



L

September 1, 2012 at 1:14 pm

What I like is that it doesn't look hard to do or have ingredients that are hard to find where I live.



Miriam

September 1, 2012 at 3:08 pm

Hope you make and enjoy this L, it's not a difficult one to make and the combination really makes it rather special, but I shall let you be the judge of that! Best wishes your way !

Pingback: Mouthwatering Vegan Mediterranean Salad | Digital Adventures



Miriam

September 3, 2012 at 11:36 am

Thanks for the post and link back – glad you made and enjoyed it. Your picture looks good too !



Susan Morton

September 4, 2012 at 9:19 am

Made this yesterday but changed things around as I couldnt get any fresh basil from my local shop but did have fresh mint in the garden, hence the dressing had dried basil instead mint, tasted great, will make again when i get the fresh basil from a larger store to see if there is a difference.



Miriam

September 4, 2012 at 6:41 pm

Susan Hi there and welcome here. Thanks for your comment – I do hope you enjoyed the salad either way ! Best to you !



Sean

September 13, 2012 at 7:48 pm

I switched out maple syrup for pomegranate mallasses and added olives and sun flour seeds for crunch nice and filling thank you !



Miriam

September 14, 2012 at 10:18 am

Hi Sean and thanks for dropping by here with your feedback, kudos to you for making this salad, and glad you enjoyed it ! Cheers !



Carrots

September 17, 2012 at 5:59 pm

I made this at the weekend. Didn't have any dried mint, even though tried 5 corner shops. It was amazing. Couldn't get enough. It makes being a vegan very interesting and exciting. Love the website, so many ideas to try.



Miriam

September 17, 2012 at 6:03 pm

Carrots thanks for dropping by here with your comment and thanks also for your wonderful feedback – so glad you loved this salad, and like me you seem to not be able to get enough of it – it is one of those salads ! I very much look forward to your future comments on my blog ! Best wishes your way !



Judi Taylor

October 1, 2012 at 6:59 am

A friend of mine on facebook, Tammy Cantrell posted this link and I'm going to try it. It looks and sounds delicious. Thanks for the great recipe Miriam.



Miriam

October 1, 2012 at 7:27 am

Judi Hi there and welcome here. Many thanks for dropping by and I look forward to your feedback on this salad and other recipes of your choice from here. Best wishes your way in the meantime !



Elizabeth

October 8, 2012 at 1:27 am

I made this salad as the main dish for Sunday brunch and hit it out of the park! It was hearty enough, sweet enough and tangy enough to awaken and satisfy everyone's taste buds. Miriam, I followed your advice and consistently chopped the veggies into small enough pieces (similar to size of beans). Thankfully, there are leftovers for my husband and I to enjoy tomorrow!



Sara

October 8, 2012 at 2:18 am

Looks so delicious, I love salads !



Sara

October 8, 2012 at 2:19 am

I love your recipes !

**Amy***October 8, 2012 at 3:55 am*

I had just sprouted some mung beans so decided to make this as soon as I saw it. I had no rocket or radicchio so chopped up lots of spinach very fine and replaced the spring onions with a shallot because that was all I had. Still the end result looks and tastes great :o)

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Shares**Cynthia***October 8, 2012 at 7:13 am*

that salad looks delicious. but i cant get the rucola (rocket) or radicchio lettuce.. and as i'm diabetic the sugar is a no no – i never use sweeteners as a substitute i'm going to try it with some alternatives but no sugar...

**Miriam***October 8, 2012 at 10:04 am*

Cynthia Hi again. Don't worry about the rucola and radicchio, it will still taste wonderful just the same. I have made this for diabetic friends before and I add agave nectar which is a sweetener syrup that can be used for diabetics as it does not interfere with raising insulin levels. Here are a couple of links that may help you if you are not familiar with this. You can make any sweet with it and it can be used in place of sugar (which is a big no, no in diabetic conditions) <http://www.globalgoods.com/glycemictestingagavenectar.html> and also if you want or prefer an Agave Nectar Alternative perhaps you could consider Stevia. I read somewhere that diabetics searching for a low calorie, safe, natural sweetener should consider using stevia, an herbal sweetener that has no calories at all. Stevia is available in powder and tablet form. Remember these things can be purchased online Cynthia. Hope this has helped a little. Best to you !



Miriam

October 8, 2012 at 10:06 am

Amy Hi there and thanks for your feedback. What you substituted sounds great – also the onion that's fine too. I am glad that you enjoyed it and I have to agree with you it does look great (with all the colours and flavours too) Best wishes your way and I look forward to your future comments on my blog !

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Shares



Miriam

October 8, 2012 at 10:09 am

How nice of you to say so dear Sara !



Miriam

October 8, 2012 at 10:11 am

Sara Hi there and welcome here. Do let me know how it goes as and when you have made it. I look forward to your future comments on my blog. Best wishes your way in the meantime !



Miriam

October 8, 2012 at 10:24 am

Elizabeth Hi again, I am beginning to wish I were also a guest in your house – how wonderful of you to pick such awesome recipes and make them all in a short space of time – I am sure you are a delightful and memorable host. Yes, all the ingredients chopped into small pieces is part of the charm of this salad – after your tireless efforts I am also glad to hear that you have some leftovers for you and hubby to enjoy. Well, all I can say now is best wishes your way and that I look forward to your future comments and

feedback on my blog as and when !

2 Pingback: Turkish Style Zucchini & Leek Pie - Mouthwatering Vegan Recipes™
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Kathi

December 4, 2012 at 1:12 pm

Hi Miriam! This sounds so yummy and perfect for a Christmas brunch. Since I don't use oil, can I substitute with raw cashews or tahini?



Miriam

December 4, 2012 at 3:17 pm

Kathi Hi there and welcome here. You could make my raw easy mayo dressing made with cashews, etc, here is my recipe for it :- RAW MAYO

1 cup raw cashews, washed and drained (preferably pre-soaked for an hour or two)

1 cup (250 mL) water

juice of lemon

the zest of ½ lemon

himalayan salt to taste (I used ½ teaspoon)

1 tsp raw sweetener of your choice (I used agave

<http://www.indigo-herbs.co.uk/acatalog/agave.html>)

Enjoy and let me know how it goes. Meantime, let me know if you wish to join our new monthly newsletter first of which is due out some weeks from now. Cheers !



Juanita

December 9, 2012 at 7:38 am

Just made this with some substitutes as i was out of some ingredients. Chickpeas, for the cannelloni beans, mandarin zest and juice. And used fresh mint. and it is very yummy. Will try again later with the beans and when lime tree has more limes.

2

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Miriam

December 9, 2012 at 12:15 pm

The substitutes you used sound fine Juanita. Hope you enjoyed it, and that next time you will indeed have all the ingredients available. Enjoy and best wishes your way.



Carla from NZ

December 18, 2012 at 9:03 am

this delicious salad is on the xmas day menu too! YUM! I had a little practice run in the weekend and had no cannalini beans but chickpeas worked well but will use the beans on xmas day – thanks so much Miriam!!



Miriam

December 18, 2012 at 10:41 am

Carla Hi there. Any beans will do the job really – but cannellini are so gentle ! Enjoy !



Caroline

December 22, 2012 at 12:04 pm

I remember that my mother would make this -without the beans- and call it "Israeli Salad". Always loved it! Lemon juice in the dressing made it so fresh-tasting. Thank you for the

memory.



Miriam

December 22, 2012 at 6:52 pm

Caroline dear many thanks for your wonderful comment, I am delighted that I have conjured up wonderful memories of your sweet mother – the lemon is the master ingredient in this and beans help to make it more of a main course. Keep well and best wishes (let me know if you wish me to add you to our list for our new monthly newsletter)



D. Simms

January 21, 2013 at 7:53 pm

Will be trying this one 😊



Miriam

January 21, 2013 at 8:16 pm

Davina Hi there and look forward to your feedback as and when. 😊



Terry Stanislow

January 22, 2013 at 5:29 am

Made this tonight. No beans ready so I substituted lentils and also used kale and Savoy cabbage instead of the radicchio. Everything else was exact – it was SO good – juicy and delicious. This may be one of my new staples! I love the dressing and am thinking about

different variations already. Thank you so much!



Miriam

January 22, 2013 at 5:56 am

Terry Hi there and welcome here, am so glad you tried this recipe and enjoyed it, more to the point that it will become a staple – the great thing about this salad is you can use mixed beans or just one particular favourite and you will never tire of it. I look forward to our future comments on my blog and best wishes your way in the meantime !



Fern

January 31, 2013 at 2:41 pm

As usual, this recipe is awesome. I love the Middle Eastern flavors...This one is a main dish salad for sure. Thanks 😊



Miriam

January 31, 2013 at 2:54 pm

Fern Hi there and you are right in saying that this is a main course salad ! Let me know how it goes.



allegra

February 7, 2013 at 10:42 pm

OMG the dressing is amazing. I usually make a similar salad without the beans, I also put garbanzo beans. I substituted peppermint for the mint in the dressing and brown molasses

sugar. Heavenly!! thanks for the recipe.



Miriam

February 8, 2013 at 6:15 pm

Hi there Allegra – so glad you tried and enjoyed this salad – your substitute was minor and am so glad you liked it all. I look forward to your future comments on my blog !



Sharron

February 15, 2013 at 7:22 pm

Hi, this is absolutely yummy. I had mine with toasted Pitta bread. This is the first recipe I have tried from your site but I have been looking at others and will definitely be making loads more. Thanks.



Miriam

February 15, 2013 at 7:46 pm

Sharron Hi and so glad you made and enjoyed this salad and I very much look forward to your future comments on my blog ! Cheers !



Nic

March 8, 2013 at 9:20 pm

I am the furthest thing from a vegan, but this salad looks absolutely delicious. It reminds me of a fatoush salad with beans instead of fried pitta bread. Thanks for posting the recipe.



Miriam

March 9, 2013 at 8:55 am

Nic Hi there and welcome here. Thanks for dropping by here with your comment. I do hope you try this recipe out and come back with your feedback. I welcome all people on my blog vegans and non-vegans alike, many non-vegans still enjoy food without meat from time to time, so this is the place to visit. I very much look forward to your comments as and when. Best wishes your way in the meantime. 😊

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Maree Sala

March 10, 2013 at 5:07 am

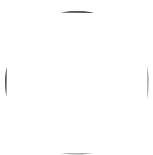
I am going to make it tonight. Instead of the Agave Nectat, I want to try using mustard. I like the combination of mustard and lime. Will see what happens!!. Thank you



Miriam

March 10, 2013 at 8:02 am

Maree Hi again. Mustard should work, but you need a sweetener – try a little brown sugar with it too ! Hope you enjoy/ed it. Cheers to you !



Sonya

March 10, 2013 at 4:50 pm

This salad looks beautiful and I will be making it today. I am an ovo-lacto vegetarian who would love to be vegan, but I don't have the energy to do much shopping, cooking or preparing so I'm finding it difficult to make that final adjustment. Meanwhile I love your blog full of vegan recipes. I have pre-ordered your book from amazon and I thank you for sharing your talents with us.



Miriam

March 10, 2013 at 8:57 pm

Hi there Sonya and thanks for dropping by here with your comment. I do hope you enjoy my salad and come back with your feedback. Thank you so very much for your interest in my book, and I am delighted that my recipes are of help to you – in your case becoming vegan from your stage is easy if the recipes available to you are to your liking – the shopping bit is a process that can be mastered in a matter of a short while. Cheers and I look forward to your future comments here Sonya. 😊



barbara

March 12, 2013 at 10:44 pm

What a healthy, fresh, delicious salad! I am recovering from a long hospitalization. and a subsequent loss of energy ~ nutrition has fallen to the wayside.....this is the first thing that has caught my interest enough to actually prepare. Sunshine in a bowl. Thank you for the wonderful inspiration!



Miriam

March 13, 2013 at 9:05 am

Barbara Hi there and welcome here. I am so sorry to hear about your lengthy hospitalization. I am an advanced nutritionist and have another FB page called vegan rejuvenation, may be it will help assist and speed up your recovery, here is the link, all is free <https://www.facebook.com/pages/Vegan-Rejuvenation-Grow-Young/221407704561965?fref=ts> Be sure to have enough Vitamin D, C, E and a multi-vitamin – these are all great post op vitamins. Furthermore do try out my juices and smoothies on my blog here – they will work wonders in assisting your immune system. I

am so glad you made this salad and hope you enjoy some of my other recipes too. Best wishes your way and I look forward to your future comments on my blog ! 😊

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Krista

March 15, 2013 at 1:57 pm

Hi. as I said before, I will be trying out some more of your recipes. I found this salad. and while the weather here is far from spring, let alone summer, I still bought everything and made it. It is like the summer is in my mouth! thanks 😊



Miriam

March 15, 2013 at 3:43 pm

Hi there Krista – good for you for making this salad in spite of the weather – sometimes we need to bring the sunshine on our plates. Best your way !



Birgit

April 16, 2013 at 9:34 am

This has become one of my favourite salads. I made it once when you posted it before (sorry – late with the comment!) and now it's a regular in our household. It does need quite a number of fresh ingredients, so not really a possibility when you are trying to rustle something up from the left overs in your fridge, but worth the time you spend on shopping and chopping :-). I love the many flavours and range of textures – thanks, Miriam!



Miriam

April 16, 2013 at 4:54 pm

Hi there Birgit and thanks for dropping by here with your feedback. Absolutely correct with what you have said and spot on. I do hope you enjoy many of my other recipes from here too. Best wishes your way in the meantime ! 😊

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Rebecca

May 4, 2013 at 11:47 am

Hi Miriam,

I made this tonight and it was delicious! I don't usually like curry powder or other Indian-type flavours but I was surprised with how delicious and unusual the dressing was! The combination of the sweet maple syrup and lemon juice really make it something special, and the curry powder wasn't overpowering at all. I also liked the combination of the heavy dressing with all the fresh ingredients!

Thanks for sharing with us!



Miriam

May 4, 2013 at 2:19 pm

I am so pleased that you made and enjoyed this Rebecca, I agree with you about how well the curry spice blends to make a great and balanced dressing for it. I look forward to your future comments on my blog. 😊



Tasmanian

July 4, 2013 at 12:57 pm

I made this with a lot of dried lemon balm. OMG this was so phantastic! I love your site!



Miriam

July 4, 2013 at 6:44 pm

So glad to hear this Tasmania ! Thanks so much for saying so !



shannon

July 6, 2013 at 2:19 am

I just made this and I absolutely love it. I didn't think I would like the curry, but it was just enough! To tell the truth I could eat the whole bowl right now!!



Miriam

July 6, 2013 at 11:08 am

Shannon Hi there – how wonderful ! I am so glad you enjoyed this salad – I will be making one myself today ! I very much look forward to your future comments on my blog ! 😊



john

July 8, 2013 at 8:41 pm

made this over the weekend. picture looks great. tasted as good as it looks. It says 2-3 servings, but as a side dish would probably serve more than 3 I think.



Miriam



July 9, 2013 at 7:10 am

John Hi and thanks for your feedback ! I always hesistate to give portion sizes since with salads in particular people's appetite's and preferences vary, plus if eaten as a main dish or a side dish, that would be a little confusing. But glad you loved it, and that's the main thing ! 😊

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Julia

July 12, 2013 at 8:42 pm

Hello,

I m from Austria and just started a few months ago to cook vegan.

I made this dish the second time today and i LOVE IT!

Thanks for sharing your recipes 😊

(Sorry for my bad English!)



Miriam

July 13, 2013 at 10:39 am

Your English is awesome Julia and I am delighted that you have made and enjoyed this salad more than once. I hope you enjoy my other recipes and continue to enjoy this salad over the years. Best wishes your way in the meantime and I look forward to your future comments on my blog !:)



Christa Clark

July 25, 2013 at 10:25 pm

I made this dish for lunch the other day with a slight spin to it and my husband and I almost devoured it in one sitting. We ate it as a main course with organic corn chips on the

side. I liked it so much I'm featuring it in a slightly modified recipe today (with gratitude to you of course!)
Christa with artisticvegan.com.

2
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Pingback: Middle Eastern Salad ~ A Sensational Flavor Sensation | Artistic Vegan



Miriam

July 26, 2013 at 10:51 am

Hope you enjoyed it !



Miriam

July 26, 2013 at 10:52 am

Glad you enjoyed it Christa ! 😊



May S

August 14, 2013 at 7:59 pm

I just made this salad today, with my falafel burger, and I LOVE it. This is no exaggeration, but this is the best salad I have EVER had. I am hooked, I will be making this a whole lot more.

Thank you so much for this beautiful and healthy and supertasty recipe!!



Miriam

August 15, 2013 at 6:36 pm

May Hi there and welcome here. I appreciate your kind words and am delighted that you

have made and enjoyed this salad ! I look forward to your future comments on my blog and hope you continue enjoying my recipes for a long time to come ! 😊

2
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Sylvia

August 18, 2013 at 6:06 pm

yummi!!!!



Sylvia

August 18, 2013 at 6:08 pm

yummmiiii!!!!!! I am happy I received your book 2 days ago!!



Miriam

August 18, 2013 at 7:50 pm

That's super awesome news dear Sylvia – just a note for your book, pencil into the 2 cheddar cheeses to double the amount of agar powder as the revised recipe did not reach my publishers in time. That is if you want a dense cheese, if not just add 50% more agar powder. You sure are going to enjoy the recipes in the book and please feel free (if you can spare a couple of minutes for me) to write a brief amazon customer review if you like the book. Good luck and enjoy ! X



Miriam

August 18, 2013 at 7:50 pm





Liz

August 24, 2013 at 8:06 pm

Hi Miriam,

Greetings from Scotland! I've just come across your blog and fb page and this is the first recipe I've tried delicious! I'm veggie but keep trying to cut down on dairy so love to find new vegan recipes that work! I've ordered your book from Amazon ... looking forward to its arrival! 😊



Miriam

August 25, 2013 at 11:10 am

Liz Hi, what wonderful news. I think you are certainly on the right path for stepping into veganism, thanks for ordering my book – in it (amongst many new exciting recipes and lots of pics) you will find what you need in order to do that – I have a great fresh cream in it that can be used for both savoury and sweet, a mayonnaise that is really more-ish, a creamy milk for all occasions, a variety of tasty cheeses too and all are very easy to make. Let me know when it reaches you and kudos to you for leaning the vegan way! 😊



Robin

August 25, 2013 at 11:12 pm

Miriam,

This is the first of your recipes that I have tried. I made it for lunch today with ingredients from our local farmers market. It was absolutely delicious!!!! Thank you so much!

Robin



Miriam

August 26, 2013 at 10:34 am

Robin Hi, so very glad you found my site and enjoyed this recipe. May you enjoy many more and I look forward to your future comments on my blog! 😊

2
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Leslie Sanford

September 2, 2013 at 7:10 pm

This sounds incredible – I can't wait to try it!!



Miriam

September 2, 2013 at 8:45 pm

Leslie Hi there and thanks for dropping by here. I hope you make and enjoy it and come back with your feedback as and when! Best your way in the meantime, and I look forward to your future comments on my blog! 😊



Tehmina

September 6, 2013 at 4:44 pm

I made this last week, but had no spring onions, so I used a regular white onion, pre-frying it with the garlic and salad leaves. I couldn't find rocket or radicchio so used spinach and watercress instead. Finally, in place of the red pepper, I used cubes of herb tofu, which I had marinated in your dressing overnight!

The end result was a wonderful combo of flavours and textures, which you knew was doing you good as you ate it...



Miriam

September 6, 2013 at 7:22 pm

Tehmina sounds like you had some fun in the kitchen and the result was fabulous, I am not surprised ! Well done and thanks for letting me know that you enjoyed it too ! 😊

2
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Leslie Sanford

October 15, 2013 at 10:44 pm

This is absolutely delicious!! It was like having a party in my mouth!! I did make 1 substitution – I used cilantro instead of the flat-leaf parsley, since I was overloaded with cilantro at the time. I think it was a good variation, but of course I am a cilantro freak and think it makes everything taste better!



Miriam

October 16, 2013 at 10:43 am

Leslie Hi, like yourself, I too love cilantro and have made it with it before. Best your way and I hope you continue to enjoy my recipes here ! 😊



Kathy313

November 8, 2013 at 9:20 pm

Hello! I had your book before I knew there was a blog!.. and found this recipe in it. Made this salad a couple weeks ago for a work luncheon, and it disappeared!! It received many compliments, so thank you Miriam!!

The garlic cloves I had on hand were a "hard stem" variety, a bit more pungent in flavor and aroma than what we normally find in the grocery store (Michigan). The garlic aroma in the finished salad had me worried the night I chopped and mixed everything (except the

dressing!) but by lunchtime it just blended in with everything else, no worries. ~ I also used leek instead of spring onion, as I had that on hand already too.

Next time I'd like to try chickpeas here instead of the cannellini beans. 😊

2 Thanks for some FABulous recipes and inspiration!! I've got so many pages in the book turned over as "must try" recipes!



Miriam

November 9, 2013 at 11:59 am

Kathy Hi there and welcome here. Thanks for purchasing my book. Just a little note for you to include in it – it's to double the agar powder for the cheddar cheeses, but I have also added a Note/Tip for best results for you, here it is.

Tip :- Regarding the Cheddars & Mozzarella cheese recipes in my book – Double the amount of agar powder (do not use flakes as you would need to double the flakes ie 1 tbsp agar powder = 2 tbsp of flakes. So use powder and double the quantities for both the cheeses there. Also when I say to add water in the recipe, add the water and agar into a saucepan and heat up stirring all the time until very thick (don't panic if it over-thickens), continue mixing for 5-10 minutes (This process helps the agar to release it's gelatinous qualities), then add this mixture to the food processor together with the remaining ingredients and process until smooth. Continue with the recipe from this point onwards when it says to process everything. Next step would be to pour the cheese mix and re-heat it, you would only need a couple of minutes of heat and stir it until it's very thick, then it's done, just add the mixture to a pre-greased container, allow to cool and refrigerate – for a denser result use coconut oil rather than olive oil, and increase agar powder further if you want an even denser cheese (people have different preferences when it comes to texture). For melting purposes, aid the process by adding to toast, bakes or pizza and be sure to drizzle on the olive oil to help it break down further.

The revised recipe did not reach my publishers in time, this is the reason. But you will enjoy the cheese and the taste – feedback has been fantastic. 😊

So glad you enjoyed this salad, and yes you may try it with a variety of different beans of

your choice.

If you love the book, please post a Amazon customer review for me if you can spare me a couple of minutes – the 'write a review' is at the bottom of the info about the book on the Amazon page itself. I would be ever so grateful. 😊

2
Shares
Best,

Miriam Sorrell
author Mouthwatering Vegan.



Sandy Dvarishkis

April 21, 2014 at 11:03 pm

Not only are the recipes delicious, they are beautiful to the eye



Miriam

April 22, 2014 at 10:48 am

Thanks Sandy and I hope you enjoy them ! 😊

Pingback: SKOD | sleazethezebra



Miriam

June 6, 2014 at 9:17 am

Glad you enjoyed it ! 😊



Rita



December 30, 2014 at 2:10 pm

I love these finely chopped salads! Theyre alot of work but you get so much more flavor in one mouthful and its so easy to double or triple the amount of food just by chopping some more while your at it. The dressing was beautiful, i used honey as sweetener and fresh mint.

2
Shares



Miriam

January 1, 2015 at 10:43 pm

So glad you enjoyed it Rita. Maple syrup in this salad is to die for BTW. Best wishes your way !

Pingback: [Friday Favorites: 7/31/15 | Hungryforbalance.com](#)



Sydney Jones

February 8, 2018 at 7:55 am

I'm keen to try this, after making your unbelievable chickpea-based mousse. But I'm not so keen on mixing tomatoes and cucumber (its an ayurvedic thing). Any alternatives to cucumber you could recommend?



Miriam

February 12, 2018 at 7:45 am

Hi Sydney, you could try raw zucchini instead or any other raw green that takes your fancy.