



## 4 simple salad dressings packed with flavour

### Ingredients

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### Method

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While we usually see nuts as something to sprinkle on top of our salads for a bit of crunch, they can also be combined with more liquid ingredients to create unbeatable homemade salad dressings. They can build flavour and help to create a surprisingly creamy sauce for your favourite vegetables.

Here are four of our favourite salad dressings that feature nuts:

#### 1. Satay-style dressing

A classic in the world of nut-based sauces, satay makes an excellent flavour partner to Asian-inspired coleslaws and salads. In a small saucepan, combine  $\frac{1}{4}$  cup crunchy peanut butter, 2 tablespoons of soy sauce, 1 tablespoon each of peanut oil and brown sugar and 2 crushed garlic cloves. Stir over low heat for 2 minutes until smooth then set aside to cool.

#### 2. Pine nut pesto drizzle

Traditional pesto has a thicker, more paste-like consistency that makes it great for stirring through pasta. But this variation packs all the flavour of your favourite pesto with avocado and lemon juice for a runnier consistency. In a food processor, combine 2 cups of packed basil leaves,  $\frac{1}{2}$  cup parmesan cheese,  $\frac{1}{4}$  cup pine nuts, 3 garlic cloves,  $\frac{1}{4}$  lemon juice, 3 tablespoons avocado and  $\frac{1}{2}$  cup olive oil. Pulse until smooth and creamy, adding additional olive oil if needed.

#### 3. Creamy cashew salad dressing

Used when making dairy-free substitutes for cheese, cashews have an amazing ability to make things seem extra creamy when they're really just full of nuts. Soak  $\frac{1}{2}$  cup raw cashews in warm water for 2-4 hours, then drain and rinse. This pre-soaking helps to break down the enzymes and makes for a creamier finish. In the bowl of a food processor or blender, add your cashews, 3 tablespoons lemon juice,  $\frac{1}{2}$  cup extra virgin olive oil, 2 minced garlic cloves and  $\frac{1}{4}$  cup

water and blend until smooth.

#### 4. **Zingy pistachio dressing**

Pistachios are a highly underrated nut that can be used to make the most divine green dressing. Grab your food processor and add 1/4 cup pistachios, 1 clove garlic, 1-2 tablespoons of fresh lemon juice and a big handful of rocket leaves. Add a light stream of olive oil while the motor is running until you get your desired consistency. Avocado can be added for a creamier texture.

## Notes

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