



EAT THE RAINBOW

# SUMMER SALAD RECIPES

10 CREATIVE AND FLAVOURFUL  
SUMMER SALAD IDEAS

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THE WEE CALEDONIAN COOK







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## Tomato, Cucumber, Feta & Mint

Tomato & Cucumber are classic Salad ingredients and always remind me of summer.

What makes this salad so special is the time marinating, oh yes, trust me it makes a difference. When the tomatoes spend time with the lemon and mint it just infuses flavour!



Serves 2

### Ingredients

250g Cherry Tomatoes - halved  
1/2 Cucumber - diced  
Juice of 1 Lemon & Zest  
30-50g Feta - crumbled  
Small bunch fresh mint - chopped  
Small handful of Olives (your own preference, green, black or kalamata)  
3-4 Spring onions - diced  
Rainbow pepper (or black pepper)  
Salt to taste  
1 Tbsp Olive Oil

### Method

1. Combine the tomatoes, 1/2 the mint, 1/2 lemon juice & pepper. Let marinate for about 45 minutes.
2. Add in the olives, cucumber, spring onions, feta, remaining mint, lemon zest & pepper. Mix through.
3. Combine the 1/2 lemon juice with 1 Tbsp olive oil and drizzle over salad to desired taste & season.







## Tuna, Avocado & Cucumber

I love avocados, the creamy texture is delightful and are good healthy fats. Mixed with the tuna, cucumber & light lemon dressing it is a perfect light & refreshing salad addition to any summer table. Only takes 5 minutes to prepare too!



Serves 2

### Ingredients

1 Avocado - diced  
1/2 Cucumber - diced  
1 Can Tuna Flakes - drained  
3 Spring onions - diced  
Small bunch of Baby Spinach  
leaves - diced  
Rainbow pepper (or black pepper)  
Salt to taste  
1 Tbsp Olive oil  
Juice of 1 Lemon  
30g Feta Cheese - crumbled  
(optional)

### Method

1. Combine all ingredients in a bowl (except the oil & lemon juice) and mix to combine.
2. Mix the olive oil with the lemon juice, season and drizzle to taste.
3. Crumble over some feta if you like for extra texture and flavour.







## Beetroot & Walnut Salad with Orange Dressing

After growing my own Beetroot last year, I absolutely fell in love with Beets. Fresh, roasted, steamed doesn't matter they taste delicious anyway you have them. When you mix Beets with Walnut & Goats Cheese it's a partnership made in heaven! I recently tried slices of orange with my favourite dish and it was so refreshing, a great side dish for BBQ's!



Serves 2

### Ingredients

2-3 Medium beetroots (cooked & sliced)  
150-200g Rocket salad leaves (or mixed leaves if you prefer)  
90g Goats cheese - crumbled  
30g Walnuts - chopped  
1 Medium orange - cut into small segments  
Salt & pepper to taste

### Method

1. Combine all ingredients in a bowl and mix.
2. For the dressing, whisk together the orange juice and Dijon mustard. Then whisk in the olive oil, add the salt and pepper. Drizzle to taste.

### Dressing

2 Tbsp Olive oil  
2 Tbsp Freshly squeezed orange juice  
Pepper & sea salt to taste  
1/2 Tsp Dijon mustard







## Taco Salad with a Zesty Kick

Another great salad for BBQ's!

Tasty, filling, nutritious, healthy, vegetarian & easy to make too. It is packed with protein too with the beans & quinoa. The Lime, coriander & chilli dressing gives it the spicy zest kick that it deserves.



Serves 2

### Ingredients

2 Heads cos or romaine lettuce - sliced & diced  
150g Cherry tomatoes - sliced  
1 Sweet pepper - sliced (yellow or orange)  
1 Small ripe avocado - sliced  
150g Cooked black beans or kidney beans  
2 Spring onions - chopped  
50g Quinoa cooked (dried weight)  
50g Feta or Cheddar cheese - crumbled/  
grated

### Dressing

50ml Olive oil  
2 Tbsp Lime juice  
1 Tbsp Chilli - chopped finely (red or green)  
1 Tbsp Coriander - chopped finely  
Sea Salt & Pepper to taste

### Method

1. Cook the quinoa according to packet instructions. Leave to cool.
2. Add all other ingredients (except feta) to a bowl, then mix in the quinoa.
3. To make the dressing, whisk the lime juice into the oil then add the remaining ingredients and stir well. Drizzle over the salad to taste.
4. Crumble over the feta cheese.

Note: You could add some baked crushed tortilla or doritos crushed over the top for some texture. Or serve in a Tortilla Bowl.







## Strawberry, Spinach & Avocado Salad

Another Salad that just screams SUMMER!

This is so refreshing and tasty.

Whoever said salads are boring! I never make my salads boring, I could eat them all year round. Make sure your strawberries are fresh & you use baby spinach.



Serves 2

### Ingredients

150-200g Baby Spinach, washed  
1 Avocado - sliced  
300g Strawberries - halved  
2 Radishes - thinly sliced  
3 Spring onions - chopped finely  
70g Soft goats cheese - crumbled  
30g Pumpkin seeds or poppy seeds

### Dressing

2 Tbsp Olive oil  
Freshly squeezed orange juice  
Salt & pepper to taste  
1/2 Tbsp Runny honey

### Method

1. Add to a bowl the spinach, spring onions, radishes, pumpkin seeds and mix. Now add in the avocado, strawberries and crumble in goats cheese, mix gently.
2. To make the dressing, whisk together the olive oil, honey and orange juice season and drizzle over the salad to taste.







## Crunchy Edamame Salad

I love Edamame beans, could eat them till the cows come home. This is one of my favourite quick salads, full of fiber filling ingredients, a little spice from the peanut dressing and super healthy too. You'll love it!



Serves 2

### Ingredients

100g Edamame Beans (I buy them frozen)  
150g Red Cabbage - shredded  
100g Baby Spinach - chopped  
1 Carrot - grated  
1/2 Can of Sweetcorn - drained/rinsed  
50g Peanuts or Cashews - chopped

### Dressing

2 Tbsp Peanut Butter  
1 Tbsp Soy Sauce  
1 Tbsp Rice Wine Vinegar  
1 Tsp Runny Honey  
1/2 Tsp Grated Ginger  
1 Tsp Flaked Chilli (optional, omit or reduce to 1/2 tsp, if you don't like it spicy)  
1 Tbsp Olive Oil

### Method

1. Cook Edamame beans as per packet instructions.
2. To make the dressing, whisk together the olive oil, honey, peanut butter, soy sauce, rice wine vinegar, ginger & chilli flakes.
3. In a bowl mix together the beans, cabbage, carrot, spinach, sweetcorn and pour in the dressing, toss well until coated & combined.
4. To serve, garnish with the chopped nuts over. Enjoy!







## Hot Smoked Salmon & Potato Salad

This salad is just packed with flavour. The flaky salmon has an amazing deep smoky flavour which just melts in your mouth. Paired with the creamy maple dressing it is a match made in heaven.



Serves 2

### Ingredients

200g Hot Smoked Salmon - flaked  
400g Baby Potatoes - diced into 1-2cm size  
2 Asparagus - chopped  
4 Sugar Snaps - chopped  
100g Baby Rocket Leaves

### Dressing

1 Tbsp Olive Oil  
1 Tbsp Maple Syrup  
1 Tsp Grain Mustard  
1 Tbsp Cider Vinegar  
1 Tbsp Creme Friache  
Zest of 1 Lemon & Juice

### Method

1. Place chopped potatoes into a pan of salted boiling water, cook & cover for about 10 minutes until slightly tender. Add in the asparagus & snaps and cook for 3 minutes. Allow to cool slightly.
2. To make the dressing, whisk together the olive oil, maple syrup, mustard, vinegar, creme friache with lemon zest & juice.
3. In a bowl mix together potatoes, vegetables, rocket leaves & salmon, drizzle over dressing to taste and toss well. Enjoy!







## Chicken & Mango Salad

This Mango Chicken salad has a lovely oriental flavour to it with a bit of spice. Served with some lettuce and topped with diced mango, this is the perfect easy salad for lunch or a light dinner.



Serves 2

### Ingredients

2 Chicken Breasts - sliced thinly or small bitesize  
1 Mango - diced or sliced  
1 Carrot - sliced into strips or grated  
1 Cucumber - sliced or peeled into ribbons  
1 Lime  
1 Tsp Ginger - grated  
1 Chilli - chopped finely  
1 Tbsp Red Thai Curry paste  
Handful of salad leaves (of your choice)  
Olive oil

### Method

1. Heat your grill to medium to high heat. Drizzle the chicken with olive oil and place chicken strips onto a wire rack over a baking tray under grill. Grill for 4-5 minutes then turn, cook for a further 5 minutes until golden brown and chicken juices run clear.
2. In a bowl combine the mango, carrot, cucumber and toss.
3. Mix together the lime zest & Juice, chilli, ginger, thai curry paste and 1 Tbsp olive oil. Drizzle over the mango salad, toss well to coat.
4. Add in the chicken, season well and serve with some chopped salad leaves.







## Easy Fruit Salad

Everybody needs an easy Fruit Salad recipe.

It is the simple dressing that takes strawberries, raspberries, and mangoes to a whole new level. Sweet syrupy honey, fresh orange juice, and lemon zest come together to elevate your fruit to new heights.



Serves 2

### Ingredients

300-400g Strawberries - halved  
150g Blueberries  
150g Raspberries  
2-3 Kiwis - peeled & diced  
2 Oranges - peeled and wedges cut in half  
2 Apples - peeled and diced  
1 Mango peeled & diced/sliced  
Handful or grapes  
Few Mint Leaves to garnish

### Method

1. Place all of the fruit in a bowl and toss to mix.
2. Whisk together the honey, orange juice & lemon zest & Juice.
3. Drizzle over fruit salad, mix and serve with a few mint leaves.

### Dressing

100ml Runny Honey or Maple Syrup  
100ml Freshly squeezed Orange Juice  
Zest of 1 Lemon & Juice







## Tuna Pasta Salad

For me this is a perfectly balanced bowl of food. The pasta for carbs, tuna for protein and the vegetables for fiber and vitamins.

Great for BBQ's and packed lunches as can be made ahead of time.



Serves 2

### Ingredients

1 Can of Tuna Flakes, drained  
150g Cooked Pasta - (bows, penne, twists - it's up to you)  
1 Small Red Onion, diced  
Handful of Cherry tomatoes - quartered  
1 Cucumber - peeled into ribbons  
Small Handful Fresh Parsley - chopped

### Dressing

Lemon Juice  
2 Tbsp Balsamic Vinegar  
1 Tbsp Olive Oil

Grated parmesan to taste

### Method

1. Cook the pasta as per packet instructions, drain and allow to cool.
2. In a bowl, add the cooled pasta, tuna, onion, tomatoes, cucumber and toss together.
3. Whisk together lemon juice, balsamic vinegar, olive oil and drizzle over salad, toss to coat.
4. Serve with some fresh parsley and some grated parmesan.







Thank you,  
I hope that you enjoy these recipes, if you do,  
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more inspiration.

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