



6

SERVES/MAKES



COOKING TIME:
Preparation Only



COOKING STYLE:
No Cooking Required

LANCEWOOD® CREAMY MIELIE SALAD

INGREDIENTS:

Dressing:

- 60 ml olive oil
- Salt & freshly ground black pepper to taste
- 125 g **LANCEWOOD® Creamed Smooth Cottage Cheese**
- Juice from half a lemon
- 60 ml fresh parsley, chopped
- 5 ml crushed garlic
- 60 ml milk

Mielie salad:

- 250 g cucumber, chopped
- 250 g cherry tomatoes, quartered
- 2 cans whole corn, drained
- 250 g baby spinach, chopped
- 190 g red pepper, chopped
- 125 g red onion, diced
- 1 avocado, cubed

METHOD:

Dressing:

In a mixing bowl, add the oil, seasoning, cottage cheese, lemon juice, parsley, garlic and milk together and mix until well combined.

Mielie salad:

In a large salad bowl, add the cucumber, cherry tomatoes, whole corn, baby spinach, red pepper, red onion and avocado.

To assemble:

Pour the salad dressing over the mielie salad and toss the salad until well combined.

PRODUCTS USED:



Creamed Smooth Cottage
Cheese

ENJOY!