



Fresh Resplendent Salad



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Ester Monett Diaz from Immunity inspired by tea challenge

- Sub Category Name
 - Food
 - Salads & Dressings
- Recipe Source Name
 - Immunity Inspired by Tea Recipes
- Festivities Name
 - Autumn
 - Spring
 - Summer
 - Winter

Used Teas



Silver Jubilee Ceylon
Original Breakfast
Tea

Ingredients

Fresh Resplendent Salad Salad Dressing

- 125ml Plain Yogurt



- 1 tbsp Shelled Sunflower Seeds
- ½ tsp Pineapple Honey Vinegar
- 2 tbsp Honey
- Salt and White Pepper to taste
- 1 TVCO of Oil

Other Ingredients

- 200 g Broccoli Flowerets, blanched in 3/4 C water with a dash of Kikkoman Soy Sauce
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- 1 loose leaf tea bag of Dilmah's Ceylon Original Breakfast Tea brewed in Thai Fish Sauce (for 3 mins)
- 100 g Spinach Leaves (set aside young sprigs for garnishing)
- 1 tbsp Shelled Sunflower Seeds
- 250g Ripe Papaya, peeled and sliced thinly
- 2 tbsp Chicken Pastil with Palapa, bottled
- 50g White Onion, cut in half and minced (set aside 3 onion rings for garnishing)
- 60g Red Bell Pepper, julienned
- 30g Red Bell Pepper, minced
- 60g Tomatoes, julienned
- 1 tsp Salt with Loose Tea Leaves, placed in a salt mill
- 1/4 tsp Turmeric Powder
- 1/2 tsp Fried Garlic Bits
- VCO 8 Honey for garnishing
- Garlic Breadstick, to be served at the side of the salad plate (optional)

Methods and Directions

Fresh Resplendent Salad

1. Mix all ingredients for the salad dressing in a blender and set aside.
2. To plate, begin by creating half-moon slices of thinly sliced papaya on your serving dish.
3. Combine the remaining ingredients in a salad bowl and season with salt and pepper.
4. Place three young spinach sprigs in between the papaya slices.
5. Mound a cup of mixed greens on the side of the half-moon papaya.
6. Place two onion rings on top, spoon out the chicken pastil on top, add a sprig of young spinach again.
7. Sprinkle with minced red bell pepper, white onion and sunflower seeds.
8. Drizzle a spoon of VCO 8 honey over the greens
9. Serve the yogurt dressing in a ramekin on the side.

