

SALADS IN A JAR

The idea is pretty simple: start with filling a dressing into a jar and then layer various ingredients like greens, veggies, rice and cheese on top. Keep the jars in the fridge until you need them. Grab a bowl and empty the jar. The dressing will then cover the whole salad.



HOW TO MAKE A SALAD IN A JAR

Layer 1 – The Dressing: Important! First add the dressing into the jar. You can take any type of dressing. If you add the dressing later, ingredients that you'd much rather stay dry might get soggy.



Layer 2: Add crisp ingredients such as **tomatoes, cucumbers, red onion, asparagus, celery, capsicum, carrots** into the jar. This level is important to "protect" the other ingredients from getting soggy.



Layer 3: This level is for ingredients that should not necessarily swim in dressing, but it's also not a drama if they do get wet. Some ideas would be **mushrooms, zucchini, beans, lentils, peas, corn, broccoli** and so on.



Layer 4: More delicate ingredients such as hard **boiled eggs and cheese (feta, gouda, cheddar etc.)** can be added now.



Layer 5: Now it's time to add something more substantial! From **rice and pasta to ingredients like quinoa or couscous**.

Layer 6: Finally we've arrived at the last level with ingredients that are less palatable when wet. These include **nuts and greens such as lettuce, spinach or rocket.**

Now close the jar on the lunch box and place it in the refrigerator. When ready for lunch, tip ingredients into a bowl. The dressing will cover all the ingredients.



WORK PLAN

1. Wash jar and lid thoroughly in hot, soapy water.
2. Get all the ingredients ready - cut, peel, wash the veggies/fruits. Boil the pasta, quinoa or rice.
3. Prepare the dressing(s).
4. Once everything is laid out place the ingredients, according to the layers, into the jars.
5. Seal securely with the lid.



Layer 1: Dressing for enough two jars:

Sweet and sour dressing	Honey Mustard Dressing	Asian Style Dressing	Moroccan dressing
½ lemon 1 tbs honey 5 tbs olive oil Pinch of cumin Pinch of salt Couple of chili flakes or dried cayenne pepper	4 tbs olive oil 3 tbs vinegar 1 tbs French mustard 2 tsp honey Salt and pepper to taste	1 tbs soy sauce 1 tbs honey 1 tbs vinegar or lemon 2-3 tbs water A pinch or two of chopped or grated ginger	1/3 cup olive oil 2 tbs lemon juice 1 garlic clove, crushed
To make dressing: mix all ingredients together thoroughly.			

Layer 2: tomatoes, cucumbers, red onion, celery, peppers, carrots, cabbage

Layer 3: zucchini, green beans, lentils, peas, corn, beetroot, snow peas, radishes

Layer 4: boiled eggs and cheese (feta, gouda, cheddar etc.), orange, pineapple

Layer 5: rice, pasta, soba noodles, quinoa or couscous

Layer 6: nuts and greens as lettuce, spinach, rocket, snow pea sprouts.

Soba noodle salad in a jar	Moroccan salad in a jar
	
<p>90g dried soba noodles 1 green onion, thinly sliced 1 zucchini, cut into ribbons 1/2 carrot, cut into long matchsticks 2/3 cup red cabbage, shredded 1/3 cup snow pea sprouts, trimmed</p>	<p>1 oranges, peeled, white pith removed 80g packet cooked beetroot, cut into wedges 200g tinned chickpeas, rinsed, drained 40g pkt Coles Baby Spinach Leaves 2 radishes, halved, sliced</p>
<p>Special Instructions Cook noodles following packet directions. Drain. Refresh under cold water. Drain. Transfer to a bowl. Add green onion. Toss to combine.</p>	<p>Special Instructions Holding each orange over a bowl, cut between the membranes to remove the segments. Drain beetroot on paper towel.</p>