

36. *Salade Spécial a la Yvonne*

This looks like a lot of work when written down, but is actually quite simple to make and so flexible. Much of the preparation can be done early in the day around other chores, so that when guests arrive only the final stages are left to do. The ratio between meat and fruit/vegetables also promotes healthy eating and the object—or game—is to see how many different fruits and vegies you can include. Even grown men enjoy this meal and often comment that they find it filling. If using beef or fish, different spices and salad ingredients can be used to cater for personal preference and enhance the unique flavours of your chosen meat.

Meat Preparation Ingredients: -

	Chicken Breasts/thighs, or beef strips or fish fillets
2 tablespoons	Plain Flour
½ teaspoon	Dried or freshly chopped parsley
½ teaspoon	Rosemary, chopped
½ teaspoon	Oregano
½ teaspoon	Thyme
½ teaspoon	Sage
½ teaspoon	Lemon pepper and dill (for fish only)
½ teaspoon	Tumeric
½ teaspoon	Cumin
1 pinch	Cayenne pepper
	Black pepper, to taste
	Sea salt, to taste
1 tablespoon	Sweet chilly sauce OR plum sauce
	Mango, orange OR apple juice to taste
	Olive oil

Meat Directions: -

1. Have enough portions of meat for everyone. Divide your choice into bite size pieces or strips. (Note: Chicken thighs have much more flavour than breasts.)
2. Mix together the flour, herbs and spices, including pepper and salt and place in a plastic bag large enough to also include all the meat selected and divided. If cooking fish, include some grated lemon peel and maybe a little chilli for a unique Cajun experience.
3. Make sure the meat pieces are well coated and gently fry (not too many at a time) in a preheated wok for a few minutes using a very little olive oil. When cooked, drain and put aside to cool until ready to use.

Vegetable & Fruit Ingredients: -

1 handful	Baby spinach leaves per person
1 handful	Cashews OR crisp noodles per person
	Red & Green Capsicum
	Mushrooms, Tomatoes
	Onions—brown or red
	Spring onions/shallots (whatever is available)
	Bananas, Pineapple
	Pears, Apples
	Mandarins, Oranges, Mango
	Lettuce – vary with different specialty varieties (continued over)

