

S22 Florentine Pasta Salad

ConsumDate: 02-Nov-02

Prepare:

1.8 kg

Fusilla	400 g	Cook to el danti
Tomatoes - seeded & diced	1.2 kg	Combine in separate bowl. Mix thoroughly.
Mild Cheddar - grated	230 g	
Frozen Spinach - defrosted &	150 g	
Wine vinegar	4 oz	Combine in separate bowl. Mix thoroughly.
Dijon mustard	3 tbs	
Parsley - Fresh - Chopped	2 tbs	
Garlic Fresh - crushed	2 tsp	
Salt	2 tbs	
Olive oil	6 tbs	
A min of 5 minutes before serving, toss all dry ingredients with dressing.		

S37 Fruit & Nut Couscous Salad

ConsumDate: 02-Nov-02

Prepare:

6 kg

Olive oil	450 g	Bring to boil.
Orange juice	2.97 kg	
Lemon juice	150 g	
Apricot - fresh - fine dice	420 g	
Curranes	240 g	
Lemon zest	1.5 tsp	
Ginger - grated	60 g	
Couscous	1.5 kg	Add couscous. Turn off heat. Leave covered for 5 min or less Turn into chafer & fork while cooling to separate
Cranberry - dried	150 g	Add to cooled couscous
pine nuts - oven roasted	390 g	
Red Pepper - fine dice	300 g	
Parsley - Fresh	30 g	