



ORGANIC COLESLAW

BY THE ORGANIC PLACE

INGREDIENTS

- 1/2 organic green cabbage thinly sliced
- 1/4 organic red cabbage thinly sliced
- 1 organic red capsicum thinly sliced
- 1 organic carrot grated
- 3 sticks organic celery thinly sliced
- 1 organic lemon juiced
- 1 tsp Organic Dijon Mustard
- 5 tbsp Organic mayonnaise
- salt to taste
- pepper to taste

METHOD

1. Combine red and green cabbage in a bowl with, capsicum, carrots and celery stalks.
2. Add juice of one lemon.
3. Add mustard, mayonnaise and salt and pepper to taste.
4. Combine all ingredients and serve!

FLIP PAGE FOR ORGANIC MANGO SALSA RECIPE



ORGANIC MANGO SALSA

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INGREDIENTS

- 2 organic mangoes diced into small cubes
- 1 organic red capsicum diced
- 1/4 organic red onions finely diced
- 1 organic lime juiced
- 2 tbs organic coriander finely diced

METHOD

1. In a serving bowl add diced mango, capsicum & red onions.
2. Add coriander and drizzle with lime juice and combine. It's that simple!

FLIP PAGE FOR GRANDMA'S EGG FREE POTATO SALAD RECIPE



GRANDMA'S EGG FREE POTATO SALAD

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INGREDIENTS

- 1 kg organic potatoes diced into 1cm pieces
- 250 g organic green beans ends trimmed and cut in half
- 2 rashers organic bacon diced
- 4 organic spring onions thinly sliced

Dressing

- 1 clove organic garlic diced
- 1/2 tsp organic sea salt
- 1/2 tsp dry mustard powder
- 1 1/2 tbs brown vinegar
- 1/2 tsp dried basil
- 1/2 tsp tarragon
- 1 organic onion thinly diced
- 1 tsp organic parsley chopped
- 1/4 cup organic olive oil
- 2 tbs organic beef stock dissolved in 2 tbs of water

METHOD

1. Combine all the ingredients for the dressing in a blender/Thermomix/
Nutribullet and blend until smooth.



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2. Place potatoes in a large saucepan. Cover with cold water. Bring to the boil over high heat. (approx. 20 minutes once water is boiling). Drain and set aside to cool.
3. Heat a frying pan over medium heat. Add a tablespoon of oil. Add bacon and spring onions and cook for 3 to 4 minutes or until golden. Set aside to cool.
4. Bring a small saucepan of water to the boil and add beans cooking for approx 3-4 minutes. Drain and set aside to cool.
5. Once the potato, bacon, spring onions and beans have cooled down, place in a large salad bowl and combine with dressing.
6. Serve and enjoy!

Thank you to Brooke and Harlow for showing us how to prepare these delectable summer salads!