

Ensalada Olimpica (Olympic Salad)

Powerful veggy flavours and interesting textures in a lemony dressing.

This is a Fairtrade rework of a Chilean¹ recipe from the *Sundays at Moosewood* cookbook.

Serves six.

Ingredients

- 1 head of cauliflower
- 4 hen's eggs
- 2 avocado pears
- 1 green bell pepper
- 2 sticks organic celery
- 2 **FAIRTRADE** lemons
- 50 g cream cheese
- 200 ml mayonnaise
- 25 ml Zaytoun **FAIRTRADE** olive oil
- 2.5 ml **FAIRTRADE** ground cinnamon
- 2.5 ml **FAIRTRADE** ground black pepper

Method

Preparation

Cut the cauliflower into florets and steam them until just tender. Once cooked, cool them in a large bowl of cold water.

Hard boil the eggs (12 minutes), shell them and cool in cold water. Slice the eggs into quarters.

Pit and peel the avocados, and cut the flesh into 1 cm chunks.

Remove the stalk and pith from the pepper and chop into 1 cm pieces.

Remove any unwanted bits from the celery and slice diagonally (looks pretty).

Juice one of the lemons, quarter the other.

Make the dressing

Mix the cream cheese, mayonnaise, olive oil, lemon juice and spices until smooth.

Assembly

Drain the cauliflower, and put this into the serving bowl with the sliced eggs, chopped avocados, bell pepper and celery. Turn once, quite gently, try not to break the eggs.

Add the dressing and turn the minimum needed to coat the ingredients. Chill.

Serve

Serve chilled with a good crusty wholemeal focaccia, and the lemon quarters to squeeze.

Notes

A red bell pepper in place of the green will add both colour and sweetness.

¹<http://www.fairtradecookbook.org.uk/countries/chile.htm>