

#FOOD & RECIPES

# Salad recipes that are great all seasons

Salads are unquestionably filling whether they are consumed as an appetiser, or a side dish. You have the option of choosing a dish that is more reminiscent of a restaurant favourite or one that is healthier, with grilled meat and nutritious vegetables. The variety of flavours available in a bowl, including a wide array of toppings or dressing the way you enjoy it.

Wondering which salad fits your palate and where to go to get the best salads in town? Wait no further as this article features 4 of the best salad recipes available at Seasonal Taste, The Westin, Dhaka.

### CHICKEN CAESAR SALAD

This popular recipe consists of romaine lettuce, grilled chicken breast, anchovies, and parmesan flakes with dressing and croutons. It is a traditional chicken salad dish with garlicky, creamy dressing, and crispy croutons. Perfect for lunch.

For a classic Caesar salad, a combination of lettuce, croutons, and cheese with a flavourful anchovy and garlic dressing. Add some grilled chicken to the mix and boost up the flavour. A romaine lettuce and croutons salad with roasted chicken breast is known as a chicken Caesar salad (also written Cesar and Cesare).



The dressing typically includes egg, Worcestershire sauce, anchovies, garlic, Dijon mustard, Parmesan cheese, and black pepper. Although it was named after the Roman Emperor, this salad was really developed in Tijuana, Mexico in 1924.

### HOUSE SALAD

If you are looking for a salad option that is packed with flavours and nutrition, the house salad is a perfect pick for you.

Prepared with lettuce, grilled chicken, carrot, orange, segments, and watermelon, this salad is a carnival of colour that is also full of flavours. Furthermore, there is topping toasted, almond flakes, and a lemon vinaigrette that ramps up the flavours to quite an extent.

### GREEK SALAD

The ingredients of a traditional Greek salad include tomato, cucumber, onion, and feta cheese, together with olive oil and

oregano dressing. Just a few mint leaves for a finishing touch of freshness make this traditional combination delectable. This Greek salad dish only requires a few ingredients and is tasty and refreshing because the vegetables are at their best. Adding feta cheese, olives, and vegetables to a Greek salad dressing makes it even better. With just 5 ingredients plus salt and pepper, it's super simple to whisk together, and it gives this easy Greek salad recipe a bright, zingy flavour. It's a simple mix of olive oil, vinegar, Dijon mustard, garlic, and dried oregano.

### CHICKEN SHREDDED SALAD

Boiled chicken, lettuce, cucumber, tomato, colourful bell peppers, onion, olives, seasoning, and lemon olive dressing make up this nutritious salad. This recipe is perfect for an appetiser in brunches and evenings because it just calls for a few basic ingredients and offers a simple trick for quickly shredded chicken. It is as delicious as prepared with roasted chicken. Simply combine the freshly squeezed lime juice, garlic, sugar, fish sauce, and vegetable oil in a bowl to create this naturally low-carb dish.

By Shehrina Wahid

Recipe: Gulam Hakkani Alam, Jr Sous Chef (Tournant), Md Tajul Islam, Chef De Partie

Photo: Md Raihan Kibria



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