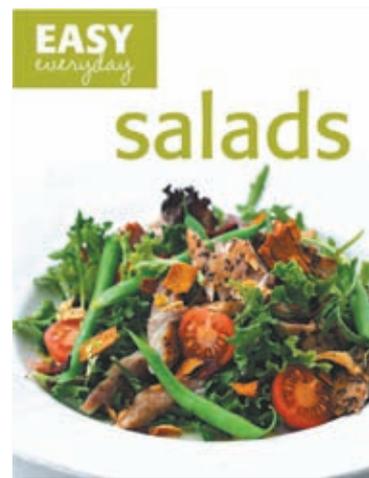


# Scrumptious Salads

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\*See extra recipe on our website page: [www.healthyoptions.co.nz](http://www.healthyoptions.co.nz)  
This month we feature: **Warm barley salad with butternut squash**

## Hot potato, orange & red cabbage salad

### Serves 6

400g new potatoes, scrubbed  
3 blood oranges or 2 medium oranges  
¼ tsp of salt  
½ tsp white-wine vinegar  
4 tbsp mild olive oil  
1 small or ½ medium red cabbage  
1 medium red onion or 1 large pink shallot,  
sliced into thin wedges  
2 white or pink chicory  
1 tbsp flat-leaf parsley, leaves removed

1. Put the potatoes into a large saucepan of cold salted water and bring to the boil. Simmer for about 12-15 minutes, or until tender.
2. Meanwhile, finely grate ¼ tsp of zest from 1 orange and set aside. Cut the peel and pith from all the oranges, and segment them over a bowl to catch all the juice. Squeeze in the juice from the remaining orange membranes and set aside.
3. Put the grated orange zest, white-wine vinegar and 2 tbsp of the reserved orange juice into a large salad bowl. Whisk in the oil a little at a time, then add the orange segments.
4. Shred the cabbage into another bowl, add the red onion or shallot wedges and toss well with the remaining orange juice.
5. Drain the cooked potatoes and cut into bite-sized pieces. Toss with the dressing and oranges in the salad bowl. Drain the cabbage and shallot wedges and add to the salad bowl.
6. Cut the chicory into bite-sized pieces and add to the salad bowl. Drain and dry the parsley leaves and add to the salad. Toss well and serve while the potatoes are still hot.

