



Curry Vanilla Dressing

Curry Vanilla Poached Prawns

- 2 Lemons (slice)
- 2 Carrots (dice)
- 2 Celery Stocks (dice)
- 2 Onions (dice)
- 3 Bay leaves
- 4 liters water
- 1 tsp Salt
- 1 lbs Prawns
- ¼ cup HOB Curry Vanilla Dressing

Create a flavourful poaching liquid by combining lemons, carrots, celery, onions, bay leaves salt & water. Bring to boil, simmer for 5 minutes, then add prawns. Poach prawns for 3 minutes over low heat, drain, remove tails and toss in ¼ cup of curry vanilla dressing. Served chilled on a salad, skewer or simply by itself.

Warm Lentil & Winter Vegetable Salad

- 1 cup of lentils (black or green)
- 1L Flavourful stock or water
- 2 bay leaves
- 2 carrots (Thinly slice)
- 2 parsnip (Thinly slice)
- 1 head of Cauliflower (thinly slice)
- 2 red peppers
- 2 oz vegetable oil
- ½ bunch kale
- ⅓ cup of Curry Vanilla Dressing
- 3 oz Goat Cheese (crumble)
- Salt & pepper

Put a large pot of flavourful stock with bay leaves on the stove. When stock is boiling add lentils, cook until soft, about 18-20 minutes.

In the meantime, thinly slice carrots, parsnip, cauliflower and peppers, toss in salt, pepper and oil. Roast in the oven for 12-15 minutes at 375F. While vegetables and lentils are cooking, thinly slice the kale.

When lentils are done, drain and toss with HOB curry vanilla dressing, kale and season if needed. Place lentils on a large serving plate, top with roasted veggies, crumbled goat cheese and a drizzle of HOB curry vanilla dressing.