

# Green Goddess Salad

Kick-start the new year with our Green Goddess Salad recipe. Packed with tasty veggies, this healthy, refreshing dish is quick to prepare and sure to be a hit at gatherings.

Prep Time: 10 minutes

Serves: 8 servings (Vegetarian)

[Download the Recipe](#)

## Ingredients

- 1/2 head of green cabbage
- 1 cucumber
- 1 bundle of spring onions
- 30g baby spinach
- 10g fresh basil
- 2 garlic cloves
- 1 small shallot
- 2 lemons juiced
- 60ml olive oil
- 35g cashew nuts
- 40g grated parmesan cheese
- 2 tbsp rice wine vinegar
- 1 teaspoon salt

## Method

### Instructions

#### STEP 1

Place the chopped cabbage, cucumbers and spring onions in a large bowl.

## STEP 2

Add the rest of the ingredients to a blender or food processor. Blend until creamy with a bright green colour.

## STEP 3

Pour the dressing over the prepared vegetables and toss to combine.

## Top tips:

### Finely chop ingredients

The key to this salad's viral success is its finely chopped ingredients, which make it ideal for dipping with tortilla chips.

### Use a food processor

To achieve the finest chop, consider using a food processor. Though it might cause the vegetables to release extra moisture, it's a convenient method, especially since you can use the processor to whip up the green goddess salad dressing as well.

### Incorporate olive oil

Olive oil is essential in the dressing as it helps emulsify the mixture, ensuring it becomes thick and creamy. Without it, the dressing might become watery or separate.

### Adjust dressing quantity

Depending on your preference, you can decide how much dressing to add for your desired texture.

### Make it vegan

To adapt the green goddess salad dressing for vegans, replace the parmesan cheese with nutritional yeast, as the original recipe did.

### Swap the nuts

While cashews add a pleasant nutty flavour and texture, you can substitute them with walnuts, almonds, or pecans.

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