

15 MINUTE SALADS WITH
TASTE-PACKED DRESSINGS

Raw & Fresh



AUSTRALIA
AT ITS PUREST

**WATERMELON
FETA & MINT
SALAD**
PAGE 10

RAW, SIMPLE FRESH

Hello honey lovers, welcome to our Raw and Fresh Recipe eBook, packed with bowls full of flavour enhanced with sweet Capilano Honey.

Whether you're after something green for a weekday lunch or are craving a bowl of goodness, a bountiful salad tossed with a flavour-packed dressing is always a gorgeous way to celebrate our fresh and vibrant produce.

This little book is brought to you by our new range of easy-squeeze pouches, made using 45% less plastic than our regular 500g upside-down packs so you can squeeze, drizzle and pour with ease.

Discover the changes we're making toward a sustainable future at capilano.com/bee-tomorrow.

- The Capilano Honey team.

#OozesAustralia #HoneyLovers



A More Sustainable Choice

Made with 45% less plastic than our 500g upside down squeeze packs, this easy squeeze pouch is just one part of our #BeeTomorrow initiatives. Because caring for our environment means caring for our bees and their home.

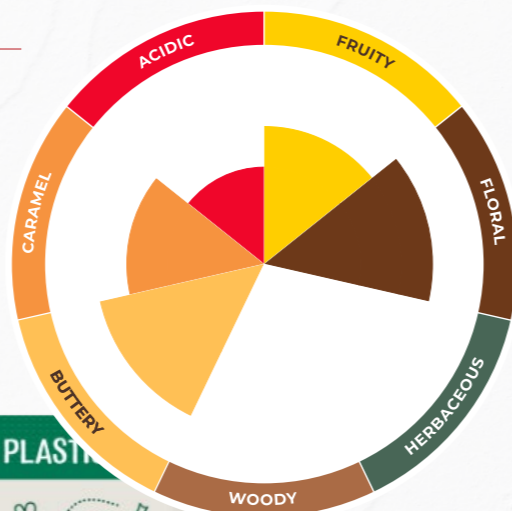
NOW IN COLES

CAPILANO ORGANIC RAW & UNFILTERED HONEY CAPILANO RAW & UNFILTERED HONEY

NATURALLY SMOOTH AND SWEET

Capilano Raw & Unfiltered Honey is just as nature intended, with naturally occurring micronutrients, enzymes, pollen and fine particles.

TASTING NOTES

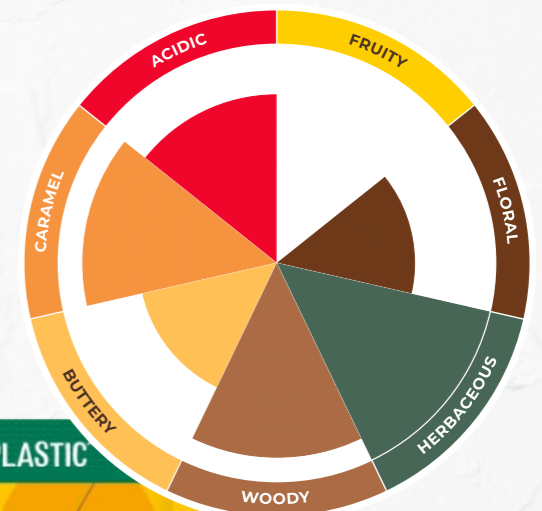


CAPILANO MANUKA HONEY MGO60+

SMOOTH, SWEET AND BALANCED

Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

TASTING NOTES



**ACO Certified
Pure Honey**



**Boost your Daily
Health Routine**

For our bees, and their home

As one of Australia's most loved food brands, we understand that we have a responsibility to make changes to the way we do things, for the better of our environment, and our bees - for today and tomorrow!



#BeeTomorrow
Discover the changes we're making towards a sustainable future
Discover more
↓



Recyclable Packaging
MORE THAN 95%
of Capilano packaging is now
RECYCLABLE

#beetomorrow



Supporting Aussie beekeepers impacted by natural disasters
Capilano is a proud supporter of Hive Aid



Working towards
100% recycled plastic



Supporting Organic Beekeeping
We're helping Aussie beekeepers qualify for Australian Certified Organic recognition.



Honey on toast, or in your morning cuppa is just a part of everyday life and we've been busy behind the scenes improving our packaging and use of natural resources.

Head to capilano.com.au/beetomorrow to find out more

RAW & FRESH

HOT HONEY & MOZZARELLA ORANGE SALAD

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Sweet-Savoury Salads

WATERMELON FETA & MINT SALAD

Cooling, juicy watermelon and salty crumbly feta are brought together with a honey-sweetened balsamic and tender mint leaves. Beautiful with seafood or barbecue meats.

⌚ Time: 10 mins

👥 Serves: 4-6

INGREDIENTS

600g fresh watermelon, cubed to 2-3cm pieces
 ½ small red onion, thinly sliced
 250g Greek style feta, crumbled
 ½ bunch fresh mint, leaves picked and thinly sliced
 3 tbsp good-quality balsamic vinegar
 30g (1 tbsp) Capilano Raw & Unfiltered Honey
 Sea salt and pepper, to taste.

METHOD

Arrange watermelon on a serving platter and scatter with feta, mint and onions. Drizzle with honey and balsamic vinegar and finish with sea salt and pepper.

Serve immediately.

MADE WITH



Sweet-Savoury Salads

HOT HONEY & MOZZARELLA ORANGE SALAD

Looking to break up your green salad repertoire? This simple dish will wow a crowd with chilli honey-infused orange slices, crunchy pistachios, and creamy mozzarella.

⌚ Time: 15 mins

👥 Serves: 4-6

INGREDIENTS

2-3 navel or blood oranges, peeled and thinly sliced
 100g shelled pistachios, lightly toasted and chopped
 220g tub fresh mozzarella

DRESSING

2 tbsp fresh orange juice
 3 tbsp extra virgin olive oil
 60g (2 tbsp) Capilano Organic Raw & Unfiltered Honey
 1 birds eye chilli, finely sliced (or 1 tsp chilli flakes)
 Sea salt and pepper, to taste

METHOD

Prepare dressing by combining all ingredients and allowing chilli to infuse into the dressing for 20 minutes.

Arrange orange slices on a large serving platter and, using a spoon, gently cover oranges with dressing. Garnish with pistachios, torn mozzarella and extra salt and pepper, if desired.

Store un-dressed salad in an airtight container in the fridge for up to 24 hours.

MADE WITH





Sweet-Savoury Salads

ALMOND, HONEY & BLUE CHEESE PEACH SALAD

At the peak of stone fruit season, there are so many reasons to start adding peaches or nectarines to your salad offering. This recipe combines creamy blue cheese with honeyed almonds and juicy peaches. Perfect for a barbecue or shared meal.

⌚ Time: 15 mins

👥 Serves: 4-6

INGREDIENTS

- 3-4 peaches or nectarines, de-stoned and thinly sliced
- 100g creamy blue cheese, crumbled
- 100g almonds, toasted and roughly chopped
- 14g (2 tsp) Capilano Raw & Unfiltered Honey
- 1 tsp apple cider vinegar
- 2 tbsp extra virgin olive oil
- Sea salt and pepper, to taste
- 3-4 basil leaves, torn

METHOD

- On a large serving platter, arrange peaches and set aside.
- Combine honey, vinegar, olive oil, salt and pepper - mix until well combined. Drizzle over peach slices and garnish with almonds, blue cheese and basil leaves.
- Store un-dressed salad in an airtight container in the fridge for up to 24 hours.

MADE WITH:



Sweet-Savoury Salads

STRAWBERRY & ROCKET SALAD WITH HONEY BALSAMIC DRESSING

Bursting with juicy berry flavours and tartness, strawberries are the perfect match for peppery rocket, pine nuts and a honeyed balsamic dressing. Just add chicken, seafood or halloumi.

⌚ Time: 15 mins

👥 Serves: 4-6

INGREDIENTS

- 400g strawberries, washed and roughly sliced
- 200g fresh rocket
- 100g pine nuts
- 100g creamy feta cheese, crumbled

DRESSING

- 3 tbsp good-quality balsamic vinegar
- 1 tsp Dijon mustard
- 14g (2 tsp) Capilano Manuka Honey MGO60+
- 1-2 tsp water
- Sea salt and pepper, to taste

METHOD

- In a small bowl, combine all dressing ingredients and whisk to combine.
- For the salad, combine all ingredients in a large serving bowl, drizzle with 1-2 tbsp dressing and toss gently to combine. Serve with crusty bread, if desired.

Store un-dressed salad in an airtight container in the fridge for up to 24 hours.

MADE WITH:






Creamy Salads

CREAMY CUCUMBER YOGHURT SALAD

Crunchy, creamy and refreshing, enjoy the beauty of simplicity in this recipe. There's so much to love about a cucumber salad as a side for your favourite chicken or meat dishes.

 Time: 15 mins

 Serves: 4-6

INGREDIENTS

- 4-5 Lebanese cucumbers, washed and thinly sliced
- ½ red onion, thinly sliced
- 3 sprigs fresh dill, chopped
- 1½ cups Greek-style yogurt
- 1 tbsp extra virgin olive oil
- 1 tsp sumac
- 7g (1 tsp) Capilano Manuka Honey MGO60+
- Sea salt and pepper, to taste

METHOD

- In a serving bowl, gently combine cucumber, and dill.
- Combine yoghurt, honey, olive oil, sumac, salt and pepper in a separate small bowl. Pour over cucumber and onion, gently tossing to coat. Chill for 15-20 minutes before serving and garnish with extra sumac, dill and olive oil to serve.

Store in an airtight container in the fridge for up to 24 hours.


MADE WITH:



Creamy Salads

FRESH & CREAMY PASTA SALAD

Laden with veggies including carrots, peas and potatoes, this fresh piquant pasta salad has pops of sweet-tangy pickles and a creamy honey mustard dressing made with Greek-style yoghurt. Perfect for weekday lunches or summer barbecues.

 Prep: 10 mins
Cook: 10 mins

 Serves: 4-6

INGREDIENTS

- 1 packet (500g) dry macaroni
- 2 tbsp olive oil
- 2 carrots, peeled and diced
- 1 washed potato, diced
- ½ cup frozen peas
- 2 sprigs fresh dill, chopped
- ¼ cup pickled gherkins, finely chopped
- 1 cup Greek style yogurt
- ¼ cup mayonnaise
- 30g (1 tbsp) Capilano Organic Raw & Unfiltered Honey
- 1 tsp Dijon mustard
- Sea salt and pepper, to taste

METHOD

Boil macaroni according to package instructions, drain and rinse under cold water. Transfer to a large serving bowl.

In a small saucepan, bring water to a boil and add potato and carrots, boiling until cooked, approx. 10 minutes. Add peas in the last 2 minutes of boiling, then drain and rinse under cold water. Tip vegetables into bowl with pasta.

Add dill, pickles, yoghurt, mayonnaise, honey and mustard to pasta bowl. Toss all ingredients to combine, adding a little water to loosen if necessary. Season to taste and serve. Store in an airtight container for up to 3 days.


MADE WITH:




Creamy Salads

HERBY CHICKEN & AVOCADO SALAD

Fast, fresh and zingy, this summertime classic is the perfect meal-prep salad. Packed with protein, healthy fats, and a good drizzle of honey - just add a fork and some sunshine!

 Time: 10 mins

 Serves: 2-3 as a main meal

INGREDIENTS

400g cooked roast chicken, chopped
2 green onions, thinly sliced
1 small onion, finely chopped
1 avocado, diced
2 tbsp parsley, finely chopped
2 sprigs fresh dill chopped
1 medium Lebanese cucumber, diced

VINAIGRETTE

3 tbsp extra virgin olive oil
2 tbsp lemon juice
14g (2 tsp) Capilano Raw & Unfiltered Honey
½ tsp garlic, crushed
3 mint leaves, finely chopped
Sea salt and pepper, to taste

METHOD

Combine chicken and the salad ingredients in a bowl and set aside.

In a jar or jug, combine all ingredients for vinaigrette and mix or shake well to combine. Drizzle over salad and toss to combine. Serve immediately.

Undressed salad can be stored in airtight containers in the fridge for up to three days. Dress before serving.

MADE WITH:




Pulse Salads

WHITE BEAN SALAD WITH HONEY WALNUT PESTO

Creamy, tender white beans are taken to new heights when gently warmed and tossed in honey walnut pesto. Simply add your favourite salad greens and bread for a filling and nourishing meal.

 Time: 15 mins

 Serves: 3-4 as a main meal

INGREDIENTS

2 x 400g cans Cannellini beans, drained and rinsed
1 tbsp water
150-200g fresh rocket
1 small red onion, finely chopped
2 tbsp almonds, chopped
Bread, to serve

PESTO

¾ cup walnuts
30g (1 tbsp) Capilano Organic Raw & Unfiltered Honey
2 cups basil leaves
1 cup parsley leaves
3 cloves garlic
Juice of 1 lemon
½ cup (125ml) extra virgin olive oil
Sea salt and pepper, to taste

MADE WITH:



METHOD

Prepare pesto by toasting walnuts in a small frypan until golden and fragrant. Allow to cool.

Place all ingredients except olive oil in a food processor and pulse to combine until a coarse crumble forms. Continue to blend and in a steady stream, add olive oil to the processor, mixing until smooth paste forms. Taste and adjust seasoning if desired. Transfer to jars or airtight containers. Keep chilled for up to 2 weeks or frozen for up to 3 months.

To assemble the salad, run cannellini beans under warm water to heat through, or microwave for 1-2 minutes until warmed. Transfer to a serving bowl and add 2 tbsp pesto and up to 1 tbsp warm water to loosen.

Add rocket leaves and onion, toss to combine. Garnish with almonds and torn pieces of bread.

Store in an airtight container in the fridge for up to 24 hours.





Pulse Salads

SMOKEY JALAPENO, BLACK BEAN & CORN SALAD

Call it a dip, side dish or main event – this crunchy, colourful salad is a feast for the senses. You'll love the lime, paprika honey sauce that brings everything together in a medley of sweet, sour, spicy and salty.

⌚ Time: 15 mins

👥 Serves: 4-6

INGREDIENTS

800g canned black beans, drained and rinsed
 400g canned corn, drained and rinsed
 3 spring onions, finely chopped (white and green parts)
 ½ red onion, finely diced
 1 red capsicum, deseeded and diced
 1 small fresh jalapeno or;
 2 tsp pickled jalapeno slices, chopped
 250g cherry tomatoes, halved
 1 avocado, diced
 ½ bunch coriander, leaves picked, washed & chopped
 Corn chips to serve
 Hot sauce to serve

DRESSING

3 tbsp extra virgin olive oil
 Zest and juice of 1 lime
 1 tsp cumin, ground
 1 tsp smoked paprika, ground
 7g (1 tsp) Capilano Manuka Honey MGO60+
 1 tsp garlic, crushed

METHOD

In a jar, combine all dressing ingredients and shake to combine. Pour dressing over salad ingredients and serve with corn chips and hot sauce.

Store in an airtight container in the fridge for up to 3 days.

MADE WITH:



Raw Goodness

TOMATO CUCUMBER MOZZARELLA SALAD

Light, fresh and satisfying. This vegetarian salad recipe is high in flavour and an ideal match for tangy in-season tomatoes... especially when paired with our honeyed balsamic dressing.

⌚ Time: 15 mins

👥 Serves: 4-6

INGREDIENTS

3 Lebanese cucumbers, chopped
 500g cherry tomatoes in an assortment of colours, halved
 220g tub fresh bocconcini, roughly torn
 8-10 fresh basil leaves, torn

DRESSING

3 tbsp good-quality balsamic vinegar
 2 tbsp lemon juice
 1 tsp garlic, crushed
 7g (1 tsp) Capilano Organic Raw & Unfiltered Honey
 4 tbsp extra virgin olive oil
 Sea salt and black pepper, to taste

METHOD

In a small bowl, combine all dressing ingredients and whisk to combine.

 For the salad, combine all ingredients in a large serving bowl, drizzle with 1-2 tbsp dressing and toss gently to combine. Garnish with basil and serve with crusty bread.

Store un-dressed salad in an airtight container in the fridge for up to 24 hours.

MADE WITH:





Raw Goodness

BRUSSELS SPROUT, APPLE & GOAT'S CHEESE SLAW

Finely sliced Brussels sprouts turn moreish when bathed in a sweet, zesty honey vinaigrette. Mixed with crisp apple, crunchy hazelnuts and creamy goat's cheese, this slaw is a week-round winner.

⌚ Time: 15 mins

👤 Serves: 4-6

INGREDIENTS

400g fresh brussels sprouts, finely sliced or shredded
 1 large granny smith apple, thinly sliced
 ½ cup dried cranberries
 ½ cup hazelnuts, lightly toasted
 100g crumbly goat's cheese

DRESSING

2 tbsp apple cider vinegar
 3 tbsp lemon juice
 14g (2 tsp) Capilano Raw & Unfiltered Honey
 4 tbsp extra virgin olive oil
 Sea salt and pepper, to taste

METHOD

In a small bowl, combine all dressing ingredients and whisk to combine. In a large serving bowl, combine brussels sprouts with dressing, toss to combine and then cover and chill for 20-30 minutes to soften.

Remove from fridge and top with apples, cranberries, hazelnuts and goat's cheese. Gently toss to combine and serve.

Store in an airtight container in the fridge for up to 24 hours.

MADE WITH:



Raw Goodness KALE SALAD WITH CREAMY PISTACHIO DRESSING

Nutty, creamy and thoroughly wholesome, this kale salad is tender and moreish. Made with a creamy honey pistachio dressing that makes each bite worthwhile, just add chicken or salmon and it's a meal!

⌚ Time: 30 mins

👤 Serves: 4-6

INGREDIENTS

1 bunch kale, stems removed, washed and roughly chopped
 2 tbsp extra virgin olive oil
 1 tsp apple cider vinegar
 50g pepitas
 50g sliced almonds, toasted
 50g sunflower seeds
 1 red apple, finely chopped
 2 large carrots, shredded

DRESSING

½ cup shelled pistachios, roasted
 100ml lemon juice
 4 tbsp water
 7g (1 tsp) Capilano Manuka Honey MGO60+
 2 tbsp apple cider vinegar
 ½ tsp garlic, crushed
 ½ cup extra virgin olive oil
 Sea salt and pepper, to taste

MADE WITH:



METHOD

In a large bowl, combine kale, extra virgin olive oil and apple cider vinegar. Gently mix to combine, then using your hands, massage the dressing into the leaves to soften them and absorb the flavour.

For the dressing, in a food processor combine all ingredients except olive oil, and pulse to combine. With the motor running, add the olive oil in a steady stream, adding a little water if needed until a creamy dressing is formed.

Remove kale leaves from marinating bowl and transfer to a serving dish. Add apples, seeds and carrots, toss to combine - then drizzle with honey pistachio dressing.

Store salad in an airtight container in the fridge for up to 24 hours.





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