

## 9-Layer Salad with Lemon Curry Dressing

Allison Day the writer of **Modern Lunch** created this fabulous recipe as a “meal in a jar” to be assembled trifle style. I decided to layer the whole thing in a trifle bowl instead of jars and this salad scored a 10 for presentation and flavour!

Serves 4

### Lemon Curry Dressing

½ cup lemon juice  
½ cup unsweetened plain yogurt  
¼ cup extra-virgin olive oil  
1 Tbsp mild curry powder  
½ tsp salt  
¼ tsp minced garlic  
Ground black pepper

### Salad

1 cup fresh shelled or frozen green peas  
1 bulb fennel, cored, shaved or very thinly sliced  
1 head radicchio, cored and shredded  
2 carrots, shaved or grated  
½ cup fresh herbs of choice (basil, parsley, mint)  
4 cups baby arugula  
1 cup shaved parmesan  
4 servings protein of choice (see Lunch Note)  
Lemon wedges

For the dressing, to a small bowl add the lemon juice, yogurt, olive oil, curry powder, salt, minced garlic, and pepper to taste, and whisk until fully combined. Store in an airtight container in the refrigerator until you are ready to assemble the salad jars.

To assemble the salad, divide dressing among 4 large jars. Top with the salad ingredients in the order listed. Seal and refrigerate, or take to go immediately.

Keep your jar chilled in the work refrigerator or with a cooler pack in your lunch bag. To serve, remove the lemon, shake up the jar, and then squeeze the lemon over top and enjoy. Or toss the salad in a serving bowl, season with the lemon, and then eat.

### \* Pick Your Protein

Protein keeps you fuller for longer, making it a must-have addition in my jar meals. Chicken, salmon, tuna, hard-boiled eggs, or canned white beans are what I reach for to bulk up this salad. Check out the Modern Meal Prep Staples chapter (page 235) for even more quick and easy lunchtime protein ideas.