

the

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protein

100+  
protein-packed,  
speedy salads to  
fuel your day

hit

# Protein hit essentials

Keep these high-protein staples on hand and you'll never be stuck for a quick, satisfying salad. Each of these ingredients is versatile, affordable, and an easy way to boost your daily protein intake.



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**CHEESE** (COTTAGE CHEESE, FETA, PARMESAN, MOZZARELLA)  
Cheese adds flavour and substance to lighter, leaf-based bowls, or can perfectly accent heartier, grain-based dishes. From crumbly feta to creamy mozzarella, a little can go a long way to bumping up the satiating power of your meals.

Cottage cheese is a very popular choice, and for good reason! It's a great source of protein, with a half-cup serving clocking in at just over 13 grams of protein, and it's also relatively low in fat and calories. It can be eaten with sweet and savoury flavours, so it's a versatile way to pump up the protein. Blend it into dressings or dips, or dollop it on top of your dinners like it's yoghurt or sour cream – the possibilities are endless!

PROTEIN HIT! ~7-12 G PROTEIN PER 50 G SERVE

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**CHICKEN** Lean, tasty and endlessly adaptable – chicken is perfect for slicing into strips, shredding, and tossing through noodles and grains. If you're short on time, you can purchase a whole roast chicken, then chop or shred the meat and store it in an airtight container for up to 4 days. Another healthy option (if you have the time) is to poach some chicken breasts to use throughout the week.

PROTEIN HIT! ~30 G PROTEIN PER 100 G COOKED CHICKEN

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**EGGS** Eggs are one of the most nutritious protein sources and are loaded with almost every vitamin and mineral needed by the human body. Boil a batch on Sunday and you've got instant protein that will keep for up to 1 week. Slice into green salads, mash into dressings, or keep a couple on hand for snacks.

To boil eggs, place your eggs in a saucepan and cover with cold water. Bring to the boil over medium-high heat, then cover, remove from the heat and set aside for 8-11 minutes (depending on how hard-boiled you like them – 8 minutes will yield a jammier yolk, while 11 minutes will give you a true hard-boiled egg). Drain, cool in iced water and peel just before adding to your salad.

PROTEIN HIT! ~13 G PROTEIN PER 2 EGGS

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## Teriyaki chicken noodle salad

Chicken delivers a lean protein boost in this Japanese-inspired salad, which is balanced with sweet pineapple and an easy teriyaki–sesame dressing that ties everything together.

180 g (6½ oz)  
cooked ramen noodles,  
prepared as per  
packet instructions

100 g (⅔ cup) shredded  
cooked chicken

50 g (⅓ cup)  
chopped pineapple

1 small spring onion  
(scallion), finely  
sliced

1 small carrot,  
julienned

40 g (½ cup)  
shredded red cabbage

2 teaspoons toasted  
sesame seeds

### TERIYAKI-SESAME DRESSING

2 teaspoons  
teriyaki sauce

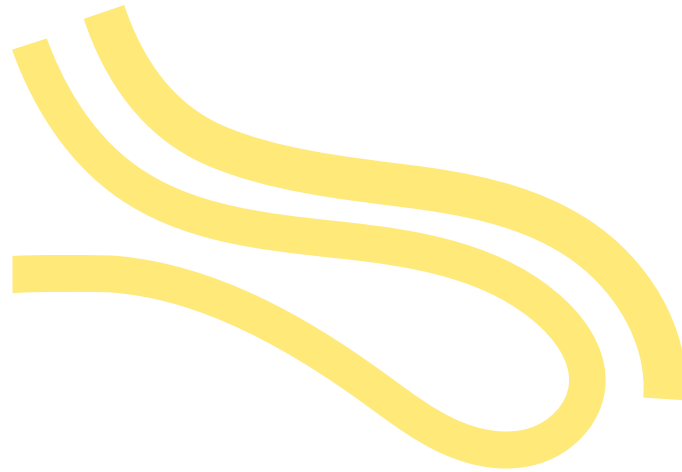
2 teaspoons sesame oil

2 teaspoons  
kecap manis  
(sweet soy sauce)

2 teaspoons  
rice vinegar

1 teaspoon soy sauce

1. Place all the salad ingredients in a bowl and toss lightly.
2. Combine the dressing ingredients in a small bowl.
3. Pour the dressing over the salad just before serving and toss well to coat.





## Chipotle prawn salad

Prawns form the centre of this salad, dressed in smoky chipotle sauce. Queso fresco is a Mexican fresh cheese sold in some delicatessens, but if you can't find it you can just use a mild feta instead.

100 g (3½ oz) cooked peeled prawns (shrimp), deveined

1-2 teaspoons chipotle sauce, or to taste

3 radishes, finely sliced

70 g (2 cups) chopped cos (romaine) lettuce

45 g (1½ oz) queso fresco or mild feta, crumbled

small handful of coriander (cilantro) leaves

lime wedge, to serve

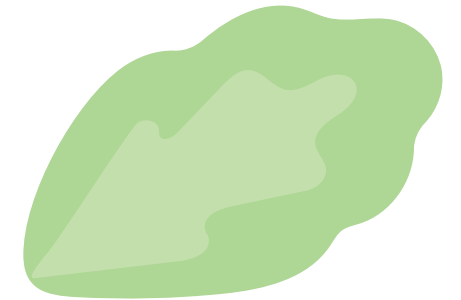
### GUACAMOLE-LIME DRESSING

2 tablespoons store-bought guacamole

1 tablespoon lime juice

1 tablespoon high-protein Greek-style yoghurt

1. Place the prawns in a small bowl with the chipotle sauce and toss well to coat.
2. Place the radish, lettuce, queso fresco and coriander in a bowl and toss lightly, then top with the prawns.
3. In a small bowl, whisk the dressing ingredients until smooth.
4. Squeeze the lime wedge over the salad just before serving. Dollop the dressing over and toss well to combine.





# Cajun salmon salad

Peppered hot-smoked salmon forms the centrepiece, with bell pepper, onion and greens offering freshness. The Cajun spice in the yoghurt-based dressing balances richness with heat, showing how seasoning blends can transform a protein-led dish. Cajun seasoning generally contains paprika, garlic powder, onion powder, cayenne pepper and salt. You can buy it from most supermarkets or a specialty grocer.

100 g (3½ oz)  
hot-smoked pepper-  
crusted salmon, flaked

100 g (¾ cup) diced  
bell pepper (capsicum)  
- a mix of red and  
yellow, if possible

60 g (1½ cups) mixed  
salad greens

2 tablespoons diced  
red onion

## CAJUN DRESSING

2 tablespoons  
high-protein  
Greek-style yoghurt

2 teaspoons  
lemon juice

½ teaspoon  
Cajun seasoning

¼ teaspoon  
minced garlic

1. Place the salad ingredients in a bowl and toss lightly.
2. Combine the dressing ingredients in a small bowl.
3. Pour the dressing over the salad just before serving and toss well to coat.







PROTEIN: 26 G

NET CARBS: 28 G

FAT: 42 G

## Lentil, haloumi & herb salad

Seared haloumi adds a savoury chew that works well with lentils and lots of herbs. Short on time? Scoops of cottage cheese makes a no-cook high-protein alternative that still feels substantial. If you prefer a bit more flavour, you could crumble over fresh goat's cheese or feta instead.

50 g (1¾ oz) haloumi, sliced

1 teaspoon olive oil

150 g (⅔ cup) tinned brown lentils, drained and rinsed

1 tomato, diced

handful each of mint, parsley and coriander (cilantro) leaves, chopped

### LEMON & CUMIN DRESSING

juice of ½ lemon

1 teaspoon ground cumin

2 tablespoons extra virgin olive oil

1. Fry the haloumi in the olive oil for 1–2 minutes on each side until golden, then cut into cubes.
2. Place the salad ingredients in a bowl and toss lightly.
3. Combine the dressing ingredients in a small bowl, then season to taste with salt and pepper.
4. Pour the dressing over the salad just before serving and toss well to coat.

