# BROCCOLI *salad*

The salad that surprises everyone. When we think of broccoli many think of it as veg we really should eat, but served this way, it is a veg you really WANT to eat. I often make this to take to friends as a side dish to lunch or a salad to go with our braai (BBQ). When I initially say that I will bring a broccoli salad, I don't get much enthusiasm but once it is tasted I receive surprised comments like "this is ACTUALLY delicious". Even the children enjoy it and there are never any leftovers! High in vitamin A,K and C.

## INGREDIENTS

- 2 small heads of broccoli (around 450g)
- 1/2 bunch of spring onion
- 50g dried cranberries
- 50g flaked almonds
- 125ml mayonnaise or vegenaise (egg free alternative)
- 2 tablespoons honey or maple syrup
- Juice of 1 lemon

## INSTRUCTIONS

**1.** Chop the spring onion and broccoli into small pieces, using the florets and the stems of the broccoli. Ensure the pieces are small enough to be fully coated in the dressing.

**2.** Finely chop the cranberries so you get a bit with every bite.

**3.** In a large bowl, whisk the mayo, lemon juice and honey together.

**4.** Add your chopped ingredients to the bowl and mix well.

**5.** Toast the flaked almonds by adding them to a hot pan and stirring regularly and set aside.

**6.** You can serve immediately or, if time allows, let it to marinate for a few hours or even a day so the broccoli can soften and absorb all the flavors of the dressing.

**7.** Garnish with the toasted flaked almonds on serving and enjoy!

**SERVES**
8 PEOPLE

**PREP TIME**
15 MIN

**COOK TIME**
0 MIN

**TOTAL TIME**
15 MIN

**NUTRITIONAL INFORMATION**

MAKES 8 X 100G PORTIONS

CONTAINS:

261 KCAL
3.4G PROTEIN
7G FAT
14.8G CARBS
3G FIBRE

Health Concepts
GO WITH YOUR GUT

WWW.HEALTHCONCEPTS.IE
+353 87 709 1869
SIOBHAN@HEALTHCONCEPTS.IE