

Crunchy Broccoli and Cauliflower Salad with Honey Yoghurt Dressing

Leanne Foreman for Millen Farm
www.millenfarm.org

large mixing bowl
kitchen scales
chopping board and knife
measuring cups and spoons
small bowl
garlic crusher
metal whisk
salad serving bowl

METHOD

INGREDIENTS

1. **Chop** into pea sized pieces, the florets and stems of

250 g **broccoli**
250 g **cauliflower**

2. **Add** to the large mixing bowl with

1 **shallot**, green stems sliced (~½ cup)
½ cup **coarsely chopped walnuts**
½ cup **sultanas or chopped dates**

For the dressing:

3. **Add** to the small bowl

1 cup **plain yoghurt** of choice
¼ cup **apple cider vinegar**
¼ cup **extra virgin olive oil**
1 TBS **raw honey or pure maple syrup**
1 clove **garlic**, crushed
½ tsp cup **pink or sea salt**
10 grinds of **freshly cracked black pepper**

4. **Whisk** until well combined.

5. **Pour** half of the dressing over the salad and **toss** to combine.

6. **Taste** and **add** more dressing if desired.

7. **Transfer** to the serving bowl and **garnish** with

chopped **fresh parsley** (optional)

