



BROCCOLI SALAD

SERVES: 6

TOTAL TIME: 25 MINUTES

GF V VE DF

INGREDIENTS

200g quinoa (uncooked)
60g Brazil nuts, sliced
700g broccoli (2 large or 3 medium heads)
3 tbsp fresh basil, chopped
For the honey mustard dressing:
60g Dijon mustard
3 tbsp honey
60ml olive oil
40ml apple cider vinegar
2 tbsp lemon, juiced
1 clove garlic, minced
Sea salt & cracked pepper

INSTRUCTIONS

Start by cooking quinoa according to packet instructions.

Meanwhile, take a medium sized frying pan and roast Brazil nuts for 4-5 minutes. Make sure you're constantly moving and shaking the nuts to make sure they don't burn.

Prepare the broccoli by chopping the florets into very small pieces, or alternatively you can use a food processor or grater. (Because the broccoli is raw, you want very small pieces).

Next, prepare the dressing by adding all ingredients to a jar and giving it a vigorous shake.

Transfer cooked quinoa, broccoli and Brazil nuts to a large serving bowl. Pour dressing all over, and toss really well to combine.

MACROS PER PORTION

CALORIES	294	PROTEIN	11
CARBS	40	FATS	10
FIBRE	7		

