



Broccoli Slaw

Difficulty: Easy

Type: Salad

Allergy advice: Contains fructose and dairy/Lactose

Source: SAKGF

Serves: 36 tastes

From the garden: Broccoli, apple, lemons, onion

Season: Winter/Spring

Equipment	Ingredients
<ul style="list-style-type: none">• Chopping boards and mats• Measuring cups and spoons• Cooks knives• Small frying pan• Wooden spoon• Large mixing bowl• Wooden spoon• Serving bowls	<ul style="list-style-type: none">• 2-3 large heads of broccoli, separated into finger sized florets, stems and leaves finely chopped• ½ red onion finely sliced• 1 red apple chopped into small pieces• 1 cup raisins• 1 cup sunflower seeds• 2 Tbsp. olive oil• 2 Tbsp. lemon juice• ½ tsp salt• Pepper to taste• 1 cup Greek yoghurt

What to do:

1. Prepare all of the ingredients as per the instructions on the ingredients list.
2. Place the small frying pan on a medium heat and add the sunflower seeds. Toast stirring occasionally, until lightly browned.
3. Combine the broccoli, onion, apple, raisins and toasted sunflower seeds in the large bowl.
4. Drizzle the slaw with oil and lemon juice. Sprinkle over the salt and pepper, and toss lightly.
5. Add the yoghurt and mix until all of the florets are well coated.
6. Transfer to the serving bowls and garnish with broccoli flowers if using, or herbs, then serve. Enjoy!