

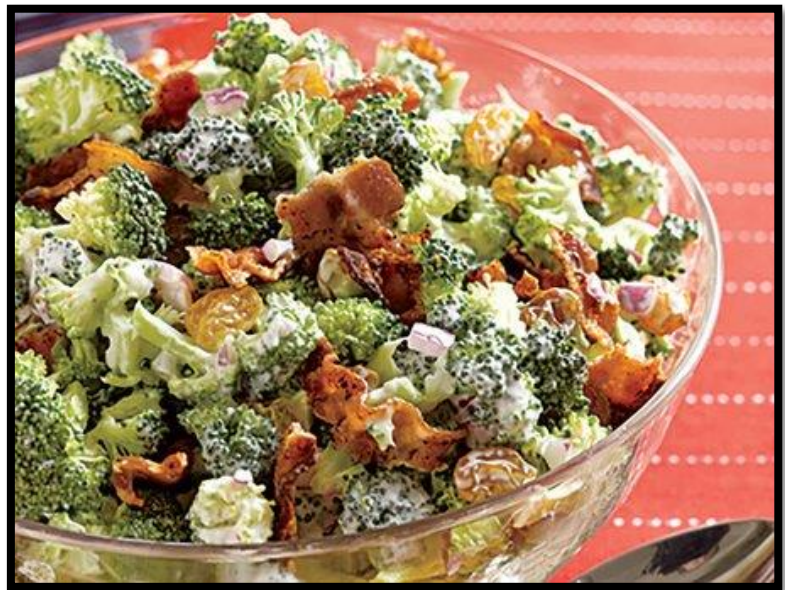


Broccoli Slaw

SERVES: 6

INGREDIENTS:

- 2 large heads of broccoli, separated into finger-sized florets, stems and leaves finely sliced
- ½ red onion, finely chopped
- 1 red apple, chopped into small pieces
- 1 cup raisins
- 1 cup sunflower seeds
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- ½ tsp sea salt
- Pepper, to taste
- 1 cup Greek yoghurt
- Broccoli flowers (optional)



METHOD:

1. Prepare all the ingredients based on the instructions in the ingredients list
2. Place the small frying pan on medium heat and add the sunflower seeds. Toast, stirring occasionally, until lightly browned
3. Combine the broccoli, onion, apple, raising 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 the florets are well coated
6. Transfer to a serving bowl, garnish with broccoli flowers, if using, and serve