



READY TO COOK
BY HARRIS FARM

GRILLED BROCCOLINI SALAD



PREP
15 min



COOK
15 min



SERVES
4

INGREDIENTS:

- > ¼ Cup almond Flakes
- > 3 Bunches Broccolini
- > 200g Raw Cashews
- > 1 Lemon
- > 1 Can Adzuki Beans
- > ½ Cup Sauerkraut

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > ½ tsp Ground Cumin
- > ½ tsp Ground Coriander
- > 1/8 tsp Nutmeg
- > ½ Cup Water

METHOD - GET COOKING!



1

Preheat oven to 220°C on grill setting.

Place almond flakes on a baking tray and roast for 3-4 minutes until golden.

Place the broccolini on a lined baking tray. Drizzle with olive oil and season with salt and pepper. Roast in the oven for 10 minutes or until just lightly charred. Remove from oven and set aside.

2

Meanwhile, add the **cashews, cumin, ground coriander, nutmeg, ½ cup of water, juice of a lemon, salt, and pepper** to a **blender**. **Blitz until a creamy paste forms.**

Drain the adzuki beans and squeeze out some water from the sauerkraut.

3

Serve broccolini tossed with spiced cashew cream, adzuki beans, sauerkraut and roasted almond flakes.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- If the cashew paste is too runny, add more cashews. If it's too thick, add more water.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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