



NURTURING NATURE

A PLANT POWERED RECIPE:

CURRIED BROCCOLI SALAD

A PLANT - RICH DISH THAT INCORPORATES A NUTRIENT - DENSE VEGETABLE IN A TASTY WAY. FROM THE CRUNCHY ELEMENT OF THE RAW VEGETABLES TO THE CREAMY CURRIED DRESSING. A DEFINITE WINNER!

IT IS PACKED WITH PLANT PROTEIN AND FIBER, MAKING IT A GREAT VEGETARIAN (AND VEGAN) OPTION FOR A QUICK LUNCH OR ENJOY IT AS A VEGETABLE SIDE DISH FOR DINNER. THIS EASY RECIPE REQUIRES NO COOKING. MAKE IT AHEAD OF TIME AND STORE IN THE FRIDGE UNTIL USE.

1



In a large bowl, add the grated broccoli, chickpeas, grated carrot, chopped dates, spring onion, and coriander. Set aside.

2



Make the dressing by whisking together the following ingredients in a small bowl: tahini, lemon juice, water, garlic, maple syrup, curry powder, ginger, turmeric, salt and pepper. Immediately drizzle over salad and toss to combine. Sprinkle almonds on top and toss a few more times. Serve immediately with fresh squeeze of lemon or place in the fridge for later.

3



Salad will keep well up to 5 days.

SALAD

- 1 MEDIUM BROCCOLI HEAD, FINELY GRATED
- 3 MEDIUM CARROTS (200 G), GRATED (KEEP THE PEEL)
- 1 X 400 G TIN CHICKPEAS, RINSED AND DRAINED
- ¼ CUP (40 G) TOASTED ALMONDS, CHOPPED OR TRAIL SEED MIX
- 1/3 CUP (60 G) PITTED DATES, FINELY CHOPPED
- 2 STALKS OF SPRING ONIONS, FINELY CHOPPED (OPTIONAL)
- ½ CUP FRESH CORIANDER, CHOPPED (OPTIONAL)

CURRY DRESSING

- 2 TBSP (30 ML) TAHINI (SESAME SEED PASTE)
- JUICE FROM 1 LEMON, FRESHLY SQUEEZED
- 80 ML WARM WATER, TO THIN DRESSING
- 1 CLOVE OF GARLIC, FINELY MINCED
- 2 TSP (10 ML) SYRUP OR HONEY
- 2 TSP (10 ML) YELLOW CURRY POWDER
- 1 TSP (5 ML) GINGER, FRESHLY GRATED
- 1 TSP (5 ML) GROUND TURMERIC
- 4 TBSP (60 ML) PLAIN LOW FAT YOGHURT (OPTIONAL)
- SALT AND BLACK PEPPER