



The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

## ITALIAN BROCCOLI SALAD

Thank you to begoodorganics.com for this recipe and picture.

### Ingredients

- 1 large head of broccoli (including stalk)
- ½ onion, finely diced
- 1 red capsicum, finely diced
- 6 sun-dried tomatoes
- ¼ cup Kalamata olives, sliced
- 3 Medjool dates, pitted and finely diced

### *Balsamic Dressing*

- 2 tablespoons extra virgin cold pressed olive oil
- 2 teaspoons balsamic vinegar
- 2 teaspoons apple cider vinegar
- 1 teaspoon coconut nectar
- ¼ teaspoon sea salt





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## Method

Put the sun-dried tomatoes in  $\frac{1}{2}$  cup of boiling water and set aside to soak.

Meanwhile cut the head off the broccoli, then thinly slice the skin off the stalk.

Chop the head and stalk roughly and place in a food processor. Pulse gently until roughly chopped into  $\frac{1}{4}$  -  $\frac{1}{2}$  cm pieces. Some roughness and irregularity is good. If your food processor is strong enough, you can add the onion at the same time and chop these together.

Remove the sun-dried tomatoes from the water and thinly slice.

Place all salad ingredients in a bowl and mix gently, lifting to combine.

Place all dressing ingredients in your food processor bowl (no need to clean in between) and blend until thick and creamy. Pour over salad and mix lightly to combine.

Garnish with fresh parsley.

Best eaten immediately.

Enjoy!

Jane

