

Broccoli salad



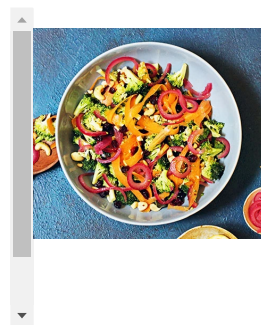
Prep: 10 mins
Cook: 3 mins
plus cooling



Easy



Serves 2



Ingredients

300g broccoli florets, broken into small pieces

2 carrots, peeled lengthways into large ribbons

50g dried cranberries

50g cashews, toasted, roughly chopped

For the pickle

80ml cider vinegar

1 tbsp caster sugar

¼ tsp sea salt flakes

1 red onion, finely sliced

For the dressing

50ml extra virgin olive oil

1 tbsp maple syrup

1 lemon, zested and juiced

Method

- Step 1** To make the pickle, heat the vinegar, sugar and salt in a small pan. Boil for 1 min until the sugar dissolves, then add the red onion and simmer for 1 min. Take off the heat, cover, and leave to cool completely.
- Step 2** Mix the broccoli, carrots, cranberries and cashews in a large bowl. Add the cooled pickled onion, reserving the pickling liquid.
- Step 3** Whisk together the pickling liquid, oil, maple syrup and lemon zest and juice, along with 2 tbsp cold water. Pour over the vegetables and mix until well coated.