



Broccoli and Apple Salad

List of ingredients

1 head broccoli
2 apples
100g green beans, fresh or frozen
1 tablespoon oil
Juice and rind of 1 lemon
1 clove garlic, crushed

Optional ingredients

½ cup chopped peanuts
1 avocado
3 rashers of bacon, cooked until crispy

Feeds 4 people.

Tip: Use sesame oil for added flavour.

How to prepare the dish

1. Break broccoli into small florets and put in boiling water until just tender (about 3 minutes).
2. If using fresh green beans, add these to the broccoli and cook until just tender. If using frozen beans thaw them out before making the salad.
3. Don't peel the apples but cut into quarters, core them, and then chop in bite-size pieces.
4. Make dressing using the oil, lemon juice and rind and garlic.
5. Toss the basic salad with the dressing and add any of the optional extras.
 - Cut the cooked bacon into small cubes
 - Roast the peanuts to develop the flavour
 - Peel and dice the avocado

Tip: Use asparagus instead of green beans, or raw celery instead of apple. All very delicious!