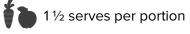
Broccoli and Pomegranate Salad

Serves: 8 Prep time: 15 minutes Cook time: 20 minutes



Ingredients

2 sweet potatoes, cubed
¼ cup sliced almonds
¼ cup sunflower seeds
2 heads broccoli, stems removed, cut into small florets
1 pomegranate
½ cup parmesan cheese, shaved



Everyday Food

Dressing:

¹/₂ cup natural yoghurt, reduced fat 1 tablespoon red wine vinegar 1 lemon, juiced Cracked pepper

Method

PREHEAT oven to 180°C.

CUT sweet potato into 1 cm pieces and place on a roasting tray. Bake for 15-20 mins or until golden. Set aside to cool.

TOAST almonds and sunflower seeds in a small fry pan until lightly browned. Set aside to cool. FILL a bowl with cold water and ice and set aside.

BOIL a pot of water, add broccoli florets and cook for 30-60 seconds.

TRANSFER the broccoli to the iced water and leave until cooled.

DRAIN the broccoli and put in a large serving bowl.

ADD pomegranate seeds, roasted almonds and sunflower seeds, parmesan and sweet potato to the broccoli.

MIX dressing ingredients in a small bowl and drizzle over salad.

TOSS the salad and place in the fridge to marinate for 15 to 30 minutes then toss again before serving.

Recipe courtesy of the Country Kitchens team



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