

## Broccoli and Pomegranate Salad

**Serves:** 8

**Prep time:** 15 minutes

**Cook time:** 20 minutes



1 ½ serves per portion

### 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

### Dressing:

½ 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.



Everyday Food

*Recipe courtesy of the Country Kitchens team*