



Broccoli, Apple & Almond Salad

Care of Thermomix

Serves 5-6 - Prep time: 15 mins

Ingredients

3 cups	Fresh broccoli florets
1	Red apple, diced
1	Red Capsicum, diced
½ cup	Toasted slivered almonds
2 Tbsp	Sunflower Seeds (optional)

Dressing

3 Tbsp	Extra virgin olive oil
1 Tbsp	Apple cider vinegar (or lemon juice)
1 tsp	Honey
1 tsp	Dijon or grainy mustard
Pinch	Salt & Pepper

Directions

Prepare broccoli – Finely chop broccoli florets into small, crumb-like pieces.

Mix salad – In a large bowl, combine broccoli, apple, capsicum, almonds, and sunflower seeds.

Make dressing – Whisk together olive oil, vinegar, honey, mustard, salt, and pepper.

Combine – Pour dressing over salad and toss well to coat.

Serve – Chill for 15–20 minutes before serving to let flavours meld.

