

Asian Broccoli Salad

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This simple salad is really all about the creamy dressing – once you taste that, you’ll be hooked. It’s also a great way to use leftover meat, chicken or fish, or gently fry up some prawns or boil a few eggs. Each person could choose the topping they prefer!

Serves	4–6	Per serve (incl. dressing)
Prep time	20 minutes	Carbs 9.4 g
Cook time	15 minutes	Protein 48.7 g
Difficulty	●●●	Fat 30.1 g
		Energy 512 Cal

INGREDIENTS

For the creamy sesame dressing:

- 1 tsp finely grated ginger
- 1 clove garlic, finely grated
- 2 tbsp sesame oil
- 1/3 cup soy sauce
- 1 tbsp fish sauce
(leave out for vegetarian)
- 2 tbsp water
- 1/2 cup peanut or cashew butter
- 2 tbsp finely chopped coriander and mint

For the salad:

- 1 head broccoli
- 1 red onion
- 1/4 red cabbage
- 1/4 small white cabbage
- 2 carrots

To serve:

- 1 palm-sized portion (150 g) cooked meat/fish/chicken per person (optional)
- 2 tbsp chopped peanuts or cashews (optional)
- 1 lime, cut into wedges (optional)

VEGETARIAN OPTION

To replace the meat/fish:

- 1–2 hard-boiled eggs per person

METHOD

Place the ginger, garlic, sesame oil, soy sauce, fish sauce, water, nut butter and herbs in a large bowl. Whisk together until smooth and set aside.

Thinly slice the broccoli (both the florets and the stalk – peel any tough skin off the stalk first) and the onion, cabbage and carrots. If you have a mandolin, use that. Add everything to the large bowl containing the dressing. Toss well to combine and season to taste.

To serve, place the salad onto plates and top with your meat/fish/chicken. If you wish, sprinkle over the chopped peanuts and squeeze over the lime.

Vegetarian option: Leave the fish sauce out of the dressing (it will still be delicious), and top the salad with hard-boiled eggs cut into wedges.

