

Broccoli & Grain Salad

This simple, flavour-packed broccoli grain salad is perfect for busy weeks. Easy to make, full of texture and even better the next day!

Customise it with your favourite grains and add your choice of protein for a balanced, nourishing meal.



Ingredients

For the lemon dressing

- 2 tbsp lemon juice
- 1 tbsp white wine vinegar
- 120ml pure or mild olive oil
- Splash of maple syrup
- Big pinch of salt

Salad

- 1 cup wholegrain freekeh (or quinoa or brown rice for a gluten free option)
- 2 heads of broccoli, cut into florets, reserving the broccoli stem
- ½ cup skin-on whole almonds, (really) roasted and roughly chopped chunky
- 1 cup of loosely packed mint leaves, finely chopped
- 1 cup of loosely packed parsley leaves, finely chopped
- 1 bunch of spring onions, dark green tops removed, thinly sliced
- Handful of dried cranberries
- ½ to 1 tsp dried chilli
- salt

Method

- Mix dressing ingredients and whisk.
- Bring a pot of salted water to the boil. Peel and dice the broccoli stem into half-centimetre pieces.
- Blanch broccoli florets for one minute only. Using a small sieve, remove broccoli and leave it to cool on a tray.
- Blanch diced broccoli stem for about two minutes or until just tender. Remove and place on the same tray as the florets. Bring the same pot of water back to the simmer, add the freekeh and continue to boil for 20-30 minutes or until the freekeh is al dente. Drain and allow to cool. (If using quinoa or brown rice, cook according to instructions)
- When cool and drained, chop the broccoli florets.
- When ready to serve, toss all the ingredients together in a large bowl. Dress with only half the salad dressing and taste. You will need to add salt, a little more dressing and possibly some more dried chilli to suit your taste.