

Brussel Sprout Slaw



Great as a side dish or let it shine on its own. This salad has the perfect balance of sweet, sour and savoury.

Ingredients

170 g medium brussel sprouts trimmed and finely shaved

1/4 cabbage, shredded

60 g cavolo nero, blanched and chopped

1 apple, cut into matchsticks

2 sticks celery, chopped

50 g reduced sugar dried cranberries

50 g walnuts, toasted

Dressing

1 small garlic clove, crushed

250 g greek yoghurt

1 tsp english mustard

2 tbsp extra virgin olive oil

1 lemon, juiced

Method:

1. Soak cranberries in boiling water for 20 minutes. Drain and set aside.
2. On a chopping board, cut the cavolo leaves off the stem by slicing out any tough central stalks. Rinse leaves and roughly chop.
3. Bring a saucepan of salted water to a boil, drop in the cavolo leaves and cook for 2-3 minutes or until it darkens in colour. Remove, and immediately plunge into ice water to stop it from cooking further. Drain.
4. To make the dressing, place the yoghurt, garlic, mustard, lemon juice, olive oil in a bowl and whisk well. Season to taste.
5. In a large bowl, add the brussel sprouts, cabbage, cavolo, apple, celery and cranberries. Drizzle over the yoghurt dressing and toss well. Transfer salad to a serving platter and chop and sprinkle over the walnuts and serve.