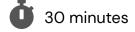




# **Broccoli and White Bean Salad**

# with Dill Dressing

Roasted white beans tossed with fresh broccoli and capsicum. Served with a dill dressing and finished with crunchy almonds and dried cranberries.





2 servings



Dice sweet potato and capsicum. Toss together on a tray with white beans and spice mix. Use a processor and pulse the broccoli to make a rice-like consistency. Toss vegetables with dressing and pour over broccoli rice. Top as per recipe.

TOTAL FAT CARBOHYDRATES

26g

#### FROM YOUR BOX

| SWEET POTATO                 | 300g     |
|------------------------------|----------|
| TINNED CANNELINI BEANS       | 400g     |
| MOROCCAN SPICE MIX           | 1 packet |
| LEMON                        | 1        |
| DILL                         | 1 packet |
| MACADAMIA AND HEMP<br>CHEESE | 1 jar    |
| BROCCOLI                     | 1        |
| ТОМАТО                       | 1        |
| ALMOND/CRANBERRY MIX         | 1 packet |
|                              |          |

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

#### **KEY UTENSILS**

oven tray

#### **NOTES**

Use broccoli to taste. You can blanch the broccoli for 1-2 minutes in boiling water and then run under cold water if preferred.



#### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Slice sweet potato into 1 cm rounds. Drain and rinse beans. Toss on a lined oven tray with Moroccan spice mix, oil, salt and pepper. Cook for 20-25 minutes until tender.



#### 2. MAKE THE DRESSING

Zest whole lemon and juice half, chop dill. Whisk together in a bowl with 3 tbsp macadamia cheese, 2 tbsp olive oil, 3 tbsp water, salt and pepper.



#### 3. CHOP FRESH INGREDIENTS

Cut broccoli into florets (see notes) and dice tomato. Toss together in a bowl with 2 tbsp prepared dressing.



### 4. ADD THE BEANS

Add roasted beans into bowl with broccoli and toss well. Season to taste with salt and pepper.



## **5. FINISH AND SERVE**

Roughly chop almonds (optional).

Arrange sweet potatoes onto plates. Spoon over broccoli salad, dot with remaining cheese and sprinkle over cranberries and almonds. Use dressing to taste.





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