

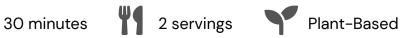


Mediterranean Broccoli Salad and Sausages

Plant-based sausages served with a tabbouleh-style broccoli salad in lemon and oregano dressing.







Add to it!

If you have some tinned beans or legumes in the cupboard, like cannellini or butter beans, add them into the broccoli salad.

PROTEIN TOTAL FAT CARBOHYDRATES

91g

FROM YOUR BOX

LEMON	1
BROCCOLI	1
ТОМАТО	1
GREEN CAPSICUM	1/2 *
PARSLEY	1/2 bunch *
ANTIPASTO MIX	1 packet
VEGGIE SAUSAGES	1 packet
SULTANA AND SEED MIX	1 packet (70g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano

KEY UTENSILS

large frypan

NOTES

You can use a food processor or box grater to prepare the broccoli.

Use a non-stick frypan to cook sausages if you have one. Cook sausages in batches and keep them from touching each other in the pan as the skins will stick together.



1. MAKE THE DRESSING

Zest and juice half lemon to yield 1 tbsp of each, wedge remaining. Whisk together with 2 tbsp olive oil, 1/2 tbsp dried oregano, salt and pepper.



2. PREPARE VEGETABLES

Finely chop broccoli (see notes). Dice tomato and capsicum. Roughly chop parsley leaves and antipasto mix. Place in a large bowl.



3. COOK THE SAUSAGES

Heat a frypan (see notes) over mediumhigh heat with **oil**. Add sausages and cook, turning, for 2-3 minutes until browned and warmed through.



4. TOSS THE VEGETABLES

Add dressing and sultana and seed mix to the bowl. Toss until well coated. Season with salt and pepper.



5. FINISH AND SERVE

Divide tossed vegetables among shallow bowls. Top with sausages and serve with lemon wedges.



