




### Product Spotlight: Lemon


Lemons are a good source of vitamin C, magnesium and potassium - minerals and antioxidants that give you better hair, skin and stronger nails!



## 3 Mediterranean Broccoli Salad and Sausages

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

 30 minutes

 2 servings

 Plant-Based

1 October 2021

## 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.*

Per serve: **PROTEIN** 22g **TOTAL FAT** 56g **CARBOHYDRATES** 9g

## FROM YOUR BOX

LEMON	1
BROCCOLI	1
TOMATO	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 medium-high 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.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

