



Product Spotlight: Broccoli

Broccoli has long been known as one of the healthiest veggies because of its nutritional makeup.

This superfood is loaded with fibre, antioxidants and vitamin C which aid in iron absorption!



4 Mediterranean Broccoli Salad and Beef Sausages

Beef sausages served with a tabbouleh-style broccoli salad with antipasto mix, and a zesty lemon and oregano dressing.

 30 minutes

 2 servings

 Beef

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** 40g **TOTAL FAT** 50g **CARBOHYDRATES** 61g

FROM YOUR BOX

LEMON	1
BROCCOLI	1
CHERRY TOMATOES	1/2 bag (100g) *
GREEN CAPSICUM	1/2 *
PARSLEY	1/2 bunch *
ANTIPASTO MIX	1 packet
BEEF SAUSAGES	300g
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

If you want to make this a warm dish you could sauté the broccoli, cherry tomatoes and green capsicum then toss through the dressing with remaining ingredients.

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

Use the broccoli stems as well. Finely chop them and add to the bowl.

No beef option - beef sausages are replaced with chicken sausages. Cook as per packet instructions.



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). Quarter cherry tomatoes and dice capsicum. Roughly chop parsley leaves and antipasto mix. Add to a large bowl.



3. COOK THE SAUSAGES

Heat a frypan over medium-high heat with **oil**. Add sausages and cook, turning occasionally, for 6-8 minutes until cooked through and browned.



4. TOSS THE VEGETABLES

Add dressing and sultana and seed mix to the large bowl. Toss until well coated.



5. FINISH AND SERVE

Divide tossed vegetables among shallow bowls, top with sliced sausages.

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**

