

Asian Salad

So quick and easy to make yet so nutritious

Equipment:

None required

Ingredients:

2 heads of broccoli
4 satsumas
¼ cup almond flakes
¼ sesame seeds



Dressing:

¼ cup garlic infused olive oil (or use olive oil & 2 garlic cloves chopped finely)
¼ cup tamari
¼ cup lemon juice
1 tsp Himalayan salt
1 tbsp agave syrup

Serves: 4 people as a side
Prep time: 10 minutes

Method:

1. Steam broccoli for 5 minutes
2. Toast sesame seeds and almonds until lightly browned on a medium heat on a dry pan.
3. Break satsumas into segments and cut each in half.
4. Place broccoli, satsumas, almonds and sesame seeds into a bowl.
5. Add all dressing ingredients into a container with a lid, close and shake.
6. Lightly pour half of dressing over the salad and toss. Add more dressing as required for taste.

Top Tips: Instead of the orange segments you can add cucumber chunks (or spiralised cucumber) or finely chopped yellow and red pepper and/or sprouted mung beans. You can buy the garlic infused olive oil in Tesco.