

**USE
IT UP™**

**EAT
ME UP**



BROCCOLI STEM SALAD



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Prep Time



Cooking Time



Serves

A recipe by OzHarvest

NEED

1-2 broccoli stems

¼ cup raisins

¼ cup cheese (we've used
parmesan)

Handful of nuts, chopped
(we've used almonds)

A handful of any soft green
herbs (we've used parsley)

Dressing

½ ripe avocado

3 tbsp olive oil

1 tbs greek yoghurt (optional)

2 tbs lemon juice

1 small garlic clove minced

3 tbs water

Any soft green herb
(we've used dill)

Salt & pepper to taste

Enjoyed some broccoli and now you're stuck with a stalk you don't know what to do with? Don't toss it! Instead, use it up and make this delicious salad, it's healthy and packed full of flavour!

HOW

1. Cut off the tough outside of the broccoli stalk and then shave the rest into ribbons using a peeler.
2. Combine the broccoli stem ribbons, raisins, cheese, nuts, and parsley in a bowl.
3. To make the dressing use a stick blender to blitz together the avocado, olive oil, yoghurt, lemon juice, garlic water, dill, salt, and pepper to taste.
4. Toss the dressing through the broccoli stem salad and enjoy!



**SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.**