

cauliflower & broccoli salad

Equipment:

measuring spoons, bowls, chopping board, knives, salad spinner, frying pan, saucepan & lid, tongs, colander

Ingredients:

2 TBLSPNS olive oil

20 small broccoli florets and stalks (or ½ a head)

5 leaves of kale

¼ cauliflower

juice of ½ -1 lemon

10 button mushrooms

5 stalks of parsley

6 chives

sea salt and black pepper

method:

Wash and spin dry broccoli, kale, parsley and chives.

Chop parsley and chives, finely slice the kale.

Cut the cauliflower into bite sized florets. Wash.

Wipe the dirt off the mushrooms with a damp chux. Cut each one in ½, then slice into 1mm slices. Put into a bowl and drizzle with the lemon juice. Stir through the herbs.

Bring a saucepan ½ full of lightly salted water to the boil, then cook broccoli and kale for 2 minutes only. They need to be still dark green, and not soggy. Take out with a slotted spoon. Save water for cauliflower.

Quickly drain in a colander, allow to cool, then add to salad and season to taste with salt and pepper. Mix through the olive oil.

Do the same with the cauliflower, but cook for 3-4 minutes. Drain as above.

Stir into the salad, check for seasoning, and serve.