



# BIG BROCCOLI AND SPINACH SALAD

## WITH CARROT-GINGER DRESSING

### INGREDIENTS

1 LARGE HANDFUL OF BITE-SIZED BROCCOLI FLORETS, STEMS SLICED THINLY - 100G BABY SPINACH - 400G TIN OF CHICKPEAS, DRAINED, RINSED AND DRIED - 1 HANDFUL OF CHERRY TOMATOES, HALVED - ABOUT 150G COOKED QUINOA OR BROWN RICE - 1 HANDFUL OF SEEDS, TOASTED, TO SERVE

#### DRESSING INGREDIENTS:

2 MEDIUM CARROTS, SCRUBBED - 2 TBSP CHOPPED FRESH GINGER- 3. TBSP EXTRA-VIRGIN OLIVE OIL - 1 TBSP TOASTED SESAME OIL - 1 SMALL WHITE ONION OR 3 SPRING ONIONS - 3 TBSP RICE VINEGAR OR APPLE CIDER VINEGAR - 2. TBSP WHITE MISO PASTE - SEA SALT

### INSTRUCTIONS

1. STEAM THE BROCCOLI FOR 4-5 MINUTES IN A SMALL PAN UNTIL JUST TENDER. YOU CAN DO THIS BY PUTTING A SMALL AMOUNT OF WATER WITH A LITTLE PINCH OF SALT IN A PAN SO THAT IT COVERS THE BOTTOM BY ABOUT HALF AN INCH, AND COOKING THE BROCCOLI IN IT WITH A LID ON THE PAN.

2. PLACE ALL THE INGREDIENTS FOR THE DRESSING – EXCEPT THE SALT – IN A BLENDER OR A FOOD PROCESSOR AND BLEND UNTIL SMOOTH, THEN SEASON WITH SALT TO TASTE. IF YOUR BLENDER ISN'T HIGH-POWERED, ROUGHLY GRATE THE CARROTS AND GINGER FIRST BEFORE ADDING THEM TO THE

BLENDER WITH THE REST OF THE INGREDIENTS. ADD ABOUT 4 TABLESPOONS OF WATER TO THE DRESSING TO MAKE IT DRIZZLY; IT IS A THICK DRESSING, BUT ADD MORE WATER TO THIN IT OUT FURTHER IF YOU FANCY.

3. TOSS ALL THE SALAD INGREDIENTS TOGETHER, DRIZZLE OVER ABOUT HALF OF THE DRESSING AND SCATTER OVER THE SEEDS.

4. SERVE ANY EXTRA DRESSING ON THE SIDE AND KEEP THE REST IN A CLEAN SCREW-TOP JAR IN THE FRIDGE.