



# Antioxidant salad

20'

Hands on

6-8

Portion(s)

1

Difficulty



## Method

For the salad

- In a **pot** over medium heat, add plenty of salted water and boil the broccoli florets and Brussel sprouts for 5 minutes.
- Remove from pot and cool with running water. Drain and place in a **bowl**.
- **Finely chop** the cabbage, **grate** the carrots and cut the peppers into 1 cm cubes. Place them all in the bowl.
- Add the spinach to the bowl and mix the vegetables with your **hands**.
- In **pan**, toast the almonds and sunflower seeds for 1-2 minutes over medium to high heat.
- Remove from pan and set aside to cool.
- Mix with the rest of the ingredients in the bowl.

For the dressing

- Grate the ginger in a bowl.
- Add the rest of the ingredients to the bowl and whisk until homogenized.
- Mix the dressing to the salad and mix them up well.
- Season spices to taste and serve.

## Ingredients

For salad

- 300 g broccoli florets
- 100 g Brussel sprouts
- 200 g red cabbage
- 2 carrots
- 1 yellow pepper
- 1 red pepper
- 1 green pepper
- 250 g baby spinach
- 100 g almonds
- 1 tablespoon sunflower seeds

For dressing

- 1 tablespoon ginger, grated
- 50 g olive oil
- juice from 1 lemon
- 60 g wholegrain mustard
- 1 teaspoon honey
- salt
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

229 Calories (kcal)	15.0 Total Fat (g)	1.8 Saturated Fat (g)	11.0 Total Carbs (g)
11%	21%	9%	4%
8.9 Sugars (g)	7.9 Protein (g)	6.9 Fibre (g)	1.6 Sodium (g)
10%	16%	28%	27%