

Lucy's Lovely Broccoli Salad

<p>Equipment:</p> <p>Saucepan Measuring cups and spoons Whisk Large bowl Wooden spoon Ladle Knife Chopping board</p>	<p>Ingredients:</p> <p>450 g broccoli florets, thinly sliced and then roughly chopped ½ cup raw pepitas seeds 100g fried pre-prepared noodles (gluten free if necessary) ½ cup finely chopped red onion ½ cup grated sharp cheddar cheese (optional) ⅓ cup dried cranberries, chopped <u>Honey mustard dressing</u> ⅓ cup extra-virgin olive oil 2 tablespoons apple cider vinegar 1 tablespoon Dijon mustard 1 tablespoon honey 1 medium clove garlic, pressed or minced ¼ teaspoon fine sea salt</p>
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What to do:

1. Toast the pepita seeds: Pour the pepita seeds into a medium frypan over medium heat. Cook, stirring frequently (careful, they burn easily!), until the seeds are turning golden on the sides, about 5 minutes. Pour the toasted seeds into a large serving bowl.
2. Add the chopped broccoli, onion, cheese and cranberries to the serving bowl. Set aside.
3. In a 1-cup liquid measuring cup or small bowl, combine all of the dressing ingredients (olive oil, vinegar, mustard, honey, garlic and salt). Whisk until the mixture is well blended.
4. Pour the dressing over the salad and stir until all of the broccoli is lightly coated in dressing. I highly recommend letting the salad marinate for at least 20 minutes, or even overnight in the refrigerator.
5. Just prior to serving toss the fried noodles through the salad.
6. Divide the salad into individual bowls and serve.