

Broccoli Coleslaw

This coleslaw is a big hit at BBQs, and most people can't believe it's got raw broccoli!

vegetarian gluten-free

Serves: 6-8

3 minutes preparation

Ingredients

- 250g or Halve a Broccoli head and stem, roughly cut up
- 100g or 2 medium Carrots, peeled and roughly cut up
- 1 Apple, peeled, seeded and cut into quarters
- 80g or 1/3 cup plain unsweetened Yoghurt
- Juice ½ small Lemon
- Salt and Pepper to taste
- 2-3 sprigs of Spring Onion, washed and finely chopped
- 1½ tablespoon of pine nuts or pistachios



Preparation

1. Place all ingredients except the spring onion into a food processor or Thermomix bowl and either pulse using a Turbo button a few times or chop for 5-10 seconds on medium speed/speed 4. The pieces should be small, but ensure you don't over process!
2. If required, scrape down sides with spatula and chop for a few more seconds until desired consistency is achieved.
3. Sprinkle with spring onion and nuts before serving.

Tips:

- You can use free-range or whole-egg mayonnaise (e.g. Thomy™ or Zoots™) instead of yoghurt and lemon. Coleslaw keeps for up to 3 days in the refrigerator.
- A sprinkling of cashews or pumpkin seeds goes really well too.
- A mix of cauliflower and broccoli also works in this recipe.