



Broccoli Salad

This salad is a good alternative to coleslaw and keeps for a couple of days in the fridge.

Makes 2 portions

135g broccoli

2 tbsp mixed salad seeds

1 spring onion

1 ½ tbsp. mayonnaise

½ tbsp. cold water

1 tsp Maggi seasoning



1. Cut the broccoli florets and stalks into pieces approx. 1cm square.
2. Slice the spring onion finely, put the broccoli and spring onion into a bowl.
3. Toast the seeds in a dry pan over a medium heat until golden brown, add to the broccoli.
4. Mix the mayonnaise, water and Maggi seasoning together to make a dressing.
5. Mix everything together and serve.

Hints, Tips and Variations

Wheat, gluten & dairy free

Try adding some chopped crispy bacon for a different flavour

This recipe also works well for a party, just multiply the ingredients up.