

TASTE WITHOUT WASTE

Broccoli Salad with Asian Style Dressing

Serves 4-6 (as a side).

Ingredients

300g Broccoli (about 1 small head), rinsed & cut into small florets
100g Pak Choi (1 'cluster'), leaves pulled apart & rinsed
½ tsp crushed garlic
1 tsp minced ginger
Pinch white sugar
1 tbs soy sauce or Bragg, plus extra for serving
2 tsp brown rice vinegar
2 tsp sesame oil
1 tsp sesame seeds, toasted
2 tsp toasted pepitas (pumpkin seeds), toasted
1 tbs slivered almonds, toasted
Freshly ground black pepper

Method

Boil or steam the broccoli florets for 4 minutes or until just beginning to go tender. Meanwhile, cut the 'stalky' parts of the pak choi into roughly 2cm pieces. Thinly shred the leaves. Add to the pot of broccoli and cook for a further minute.

Tip into a colander and leave to rest for about five minutes (this allows some of the moisture to escape in the form of steam). We don't want soggy broccoli!

In the meantime make your dressing - combine the garlic, ginger and sugar in a small bowl to form a paste. Whisk in the soy sauce/Bragg, rice vinegar and sesame oil.

Transfer the still warm broccoli & pak choi to a mixing bowl and toss with the dressing. Set aside (don't cover as this will trap any remaining steam) and leave to cool to room temperature (about 1.5 hours).

When cooled stir through the toasted sesame seeds, pepitas and slivered almonds. Season with a good grind of black pepper and serve with extra soy sauce/Bragg on the side (I find that everyone has their own 'salty' threshold!)

Source: Adapted from [River Cottage Veg Every Day](#).

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