

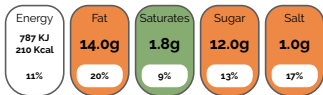


Brussels Sprout, Basil, Pine Nuts & Dried Cranberry Salad

WAYS  WELL

Brussels Sprout, Basil, Pine Nuts & Dried Cranberry Salad

Serves 4 | Vegetarian | 1 of 5-a-day



Per average serving of an adult's Reference Intake
(84000 KJ / 2000 Kcal)
Typical values per 100g: Energy 736 KJ / 176 Kcal

INGREDIENTS:

15ml olive oil	50g dried cranberries, soaked in boiling water for 10 minutes and then drained	½ tsp cracked black pepper
1 lemon, zest and juice of ½ a lemon	40g pine nuts, toasted	60g natural yoghurt
½ bunch of basil, stalks removed	Pinch of salt	30g chilli paste
½ bunch of chives, chopped		

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METHOD:

1. Heat the olive oil and fry the sprouts in a hot pan until charred and half cooked.
2. Allow to cool and then add the lemon zest and juice, basil, chives, cranberries and pine nuts.
3. Season with salt and pepper and mix well and then arrange on a serving dish.
4. Dress with the yoghurt and finish with a drizzle of chilli paste.