



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Broccoli


Broccoli has long been known as one of the healthiest veggies because of its nutritional makeup.


This superfood is loaded with fibre, antioxidants and vitamin C which aid in iron absorption!



## 4 Mediterranean Broccoli Salad and Beef Sausages

Beef sausages served with a tabbouleh-style broccoli salad with antipasto mix, and a zesty lemon and oregano dressing.

 30 minutes

 2 servings

 Beef

1 October 2021

## Add to it!

*If you have some tinned beans or legumes in the cupboard, like cannellini or butter beans, add them into the broccoli salad.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 50g **CARBOHYDRATES** 61g

## FROM YOUR BOX

LEMON	1
BROCCOLI	1
CHERRY TOMATOES	1/2 bag (100g) *
GREEN CAPSICUM	1/2 *
PARSLEY	1/2 bunch *
ANTIPASTO MIX	1 packet
BEEF SAUSAGES	300g
SULTANA AND SEED MIX	1 packet (70g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano

## KEY UTENSILS

large frypan

## NOTES

If you want to make this a warm dish you could sauté the broccoli, cherry tomatoes and green capsicum then toss through the dressing with remaining ingredients.

You can use a food processor or box grater to prepare the broccoli.

Use the broccoli stems as well. Finely chop them and add to the bowl.

**No beef option - beef sausages are replaced with chicken sausages.** Cook as per packet instructions.



### 1. MAKE THE DRESSING

Zest and juice half lemon to yield 1 tbsp of each, wedge remaining. Whisk together with **2 tbsp olive oil, 1/2 tbsp dried oregano, salt and pepper.**



### 2. PREPARE VEGETABLES

Finely chop broccoli (see notes). Quarter cherry tomatoes and dice capsicum. Roughly chop parsley leaves and antipasto mix. Add to a large bowl.



### 3. COOK THE SAUSAGES

Heat a frypan over medium-high heat with **oil**. Add sausages and cook, turning occasionally, for 6-8 minutes until cooked through and browned.



### 4. TOSS THE VEGETABLES

Add dressing and sultana and seed mix to the large bowl. Toss until well coated.



### 5. FINISH AND SERVE

Divide tossed vegetables among shallow bowls, top with sliced sausages.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

