

Recipe No. 37/2017

Fresh and Easy Spring Salad

This sweet and zesty salad is a fantastic example of quick, easy and healthy eating with the Thermomix! Both the salad and the dressing are easy to adapt to your own tastes, giving you full control over exactly what's going into your food. This recipe was adapted from Marit Bynke's Cleansing Spring Salad, found on the Australian Recipe Community.

NB: Suitable for both TM5 and TM31

Preparation Time: 5 minutes

Active Time: 10 seconds

Serves: 4-6 portions

Ingredients

Salad

- 1 small broccoli, cut into florets
- ¼ cauliflower head, cut into florets
- 3 peeled carrots, roughly chopped
- 2 apples, quartered (with skin)
- 5 sprigs of parsley, leaves only
- 100 g raisins

Dressing

- 2 pinches ground turmeric
- 2 pinches ground cumin
- 70 grams of olive oil
- 2 limes, juiced
- ½ tsp salt



Method

Salad

1. Put all ingredients except the raisins into the Thermomix bowl. Chop for **5 sec/speed 6** or until your salad is of the desired consistency.
2. Pour into a serving dish, and then toss the raisins through the salad.

Dressing

1. Place the ingredients for the dressing into the Thermomix bowl and mix for **3 sec/speed 4**.
2. Pour over your salad and enjoy.

Variations

- For a less sweet salad, reduce the amount of apples and raisins
- Sultanas and dried cranberries can be used in place of raisins
- For a crunchier salad, add 50 g of sunflower seeds or even pecans or walnuts.
- Add bacon bits or croutons for a tasty twist
- Because this salad is so easy to put together, you can be creative with different ingredients to see what works best for you

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