

Citrus Brussel Sprouts Salad



Makes (salad): ~3 – 4 servings

Makes (dressing): ~1 cup

INGREDIENTS

Dijon Mustard Dressing

4 tbsp. lemon juice

2 tbsp. extra virgin olive oil

** 2 tbsp. grape nectar

2 tsp. Dijon mustard

2 garlic cloves (minced)

1 tsp. salt

black pepper

Salad Ingredients

320 gm brussel sprouts (shredded)

¼ tsp. salt

65 gm fennel (sliced)

1 cara cara orange (cut into segments)

1 avocado (deseeded, diced and tossed in
1½ tbsp. lemon juice)

3 tbsp. sliced almonds

** 3 tbsp. superfood seeds

** 2 tbsp. hemp parmesan

Garnish

** superfood seeds

** hemp parmesan

almonds

** I used Domaine Sante's grape nectar.

** I used Pimp My Salad's superfood seeds and hemp parmesan



Dijon Mustard Dressing

1. Whisk all ingredients until well combined.
2. Set the dressing aside. If not used immediately, refrigerate the dressing.

Salad

1. Place 160 gm of the shredded sprouts in a bowl. Add the salt.
2. Massage the sprouts evenly for ~2 mins. Refrigerate for ~30 mins.
3. After ~30 mins, drain the sprouts.
4. Add them to a mixing bowl.
5. To the same mixing bowl, add the other 160 gm of unmassaged sprouts, fennel, orange, avocado, seeds, parmesan, almonds and dressing.
6. Toss gently until well combined.
7. Garnish with more seeds, parmesan and almonds if desired. Serve immediately.