



EASY, TASTY
RECIPES

BROCCOLI AND VACON SUPER VEGAN SALAD

Whatever your reason for
Vegan, give this lovely,
fresh, tasty recipe a go.

INGREDIENTS

Serves 4

450g broccoli
40g sultanas
8 rashers vacon
75g vegan mayo
30ml white wine vinegar
40g sugar
25g curry paste
10g sesame seeds
1 fresh red chilli

INSTRUCTIONS

1. Cut the broccoli into small florets and place in a pan of boiling water for 2-3 minutes. Remove from the boiling water and place under cold running water to cool and stop the cooking process.
2. Cook the vacon until crispy and allow to cool completely before cutting up into pieces.



CONTINUED

3. Whisk together the mayo, curry paste, sugar, white wine vinegar and sultanas.
4. Put the broccoli into a bowl, scatter the bacon over the top and drizzle with the dressing.
5. Lastly, finely slice the chilli and sprinkle over the top of the salad together with the sesame seeds.

Broccoli the superfood

- Broccoli has been around for more than 2000 years
- Broccoli is an excellent source of vitamin K, vitamin C, chromium and folate.

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