

Mean Green Salad



RECIPE SERVES
8-10

Ingredients

Salad:

- 1 broccoli
- 1 red apple
- ¼ cabbage
- 2 spring onions
- 1 carrot
- ¼ cup sunflower seeds or pepitas

Dressing:

- ½ cup low fat natural/Greek yoghurt
- 2 tablespoons low fat mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- Pepper

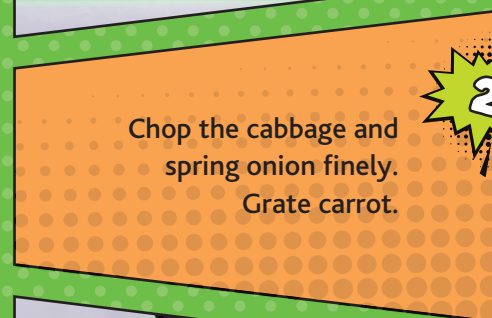
Equipment

Chopping board, knife, large bowl, small bowl, grater, large spoon, measuring cups, measuring spoons, juicer



1.

Chop broccoli and apple into small pieces.



2.

Chop the cabbage and spring onion finely.
Grate carrot.



3.

Add broccoli, apple, cabbage, spring onion, carrot and sunflower seeds or pepitas into large bowl.



4.

In a small bowl, mix yoghurt, mayonnaise, Dijon mustard, lemon juice and pepper.



5.

Pour dressing over salad and mix well.

