


Bean Broccoli Salad



 30 min

 6 Servings

INGREDIENTS

SALAD DRESSING

- ☐ Parsley (1/2 cup)
- ☐ Red Onion (1)
- ☐ Rucola (4 cups)
- ☐ Olive Oil (1 1/2 tbsp)
- ☐ Salt (1/2 tsp)

SALAD

- ☐ Broccoli Florets (450 g)
- ☐ Pepper (1/4 tsp)
- ☐ White Beans (400 g)
- ☐ Parmesan (1/2 cup)

PREPARATION

Chop the parsley and mince the garlic. Drain the beans from the cans. Thinly slice the red onion and grate the parmesan cheese.

COOKING

- ① Preheat oven to 205°C with the oven rack 10 cm from the heat. Toss together broccoli, 1 1/2 tbsp of the oil, 1/2 tsp of the salt, and 1/4 teaspoon of the pepper in a large bowl. Spread broccoli in a single layer on a rimmed baking sheet. Roast in oven until just tender, 20 to 25 minutes.
- ② Whisk together lemon zest and juice, parsley, garlic, mustard, vinegar, honey, and remaining 1/2 cup oil, 1/2 tsp salt, and 1/4 tsp pepper in a medium bowl. Set aside.
- ③ Increase oven temperature to broil, cook broccoli until slightly charred, 1 to 2 minutes. Cool about 5 minutes.
- ④ Combine broccoli, beans, rucola, and red onion in a large bowl. Toss with the dressing and sprinkle with parmesan.

