



**AULTCARE WELLNESS RECIPE**

**BROCCOLI AND BLUE CHEESE SALAD**



**Ingredients:**

2 cups purple sprouting broccoli, trimmed

1 Tbsp olive oil, plus extra to serve

½ lemon, juiced

¼ cup blanched almonds, toasted and roughly chopped

**Dressing:**

1 Tbsp olive oil

1 small clove garlic, sliced

¼ cup blue cheese, crumbled

½ lemon, zested and juiced

2 Tbsp natural yogurt

A small bunch chives, finely chopped

## Instructions:

### Step 1:

Bring a large pan of salted water to the boil. Cook the broccoli for 2 minutes until tender, drain well and add into a bowl with the olive oil and lemon juice. Cool completely.

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### Step 2:

To make the dressing, fry the garlic with the olive oil in a pan for 2 minutes. Put the rest of the dressing ingredients into a blender along with the fried garlic and oil, and season generously. Process until completely smooth, adding 1-2 Tbsp of water if too thick.

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### Step 3:

To finish, put the broccoli on a serving plate and drizzle generously with the dressing and a splash of olive oil followed by the chopped almonds.

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