

# BROCCOLI CRUNCH SALAD



## INGREDIENTS

2 medium heads broccoli

6-8 radishes of varying varieties totalling 1 cup small diced - I used 4 mini breakfast, 4 white and a large slice of daikon

¼ cup torn mint leaves (or more if you love mint)

9 dried dates

### Dressing:

1 tbsp honey

2 tbsp lime juice

1 tbsp toasted sesame oil + 1 tsp

pinch of chili powder

### Add-Ons:

½ cup pistachios

1 tbsp toasted sesame seeds

1 tsp crushed dried red pepper flakes

salt to taste

## METHOD



**After washing your broccoli**, use a knife to cut the stems away (keeping them if they are fresh) and then use your hands to tear the broccoli into small pieces, about the size of raspberry. I've tried doing this with a knife and you just end up with a countertop covered in broccoli glitter. If the stems were fresh, cut or peel away the tough exterior and chop the inner flesh into < 1cm dice. **You should have about 6 cups of broccoli** when finished. Add the broccoli to a large bowl.

**Dice your radish varieties** in any way you like, tasting as you go so you know how spicy each type of radish is. The spicier they are, the smaller dice you should use. Add the radishes to your broccoli.

**Tear or chop the mint** if the leaves are larger than a finger tip and add. Personally, I love mint and would add ½ cup, but my family disagrees so to each his own!

**Check the status of your dried dates** and if the Costco bag has been in the pantry too long and the dates are very firm (this might be a common occurrence for me), you should soak the dates in boiling water for about 5 min. Over soaking will leave them mushy. If you have a sharp enough knife, cut the dates into ½ cm dice prior to soaking or if needed, soak whole dates, then dice. If your dried dates are fresh, lucky you, skip the soaking process. If you have soaked the dates, strain them and allow to cool while you make the dressing.

**Combine honey, lime juice, 1 tbsp of the sesame oil and a pinch of chili powder** in a small vessel and mix until the honey has dissolved. Add your dates. Pour the dressing over the broccoli mixture and gently stir until all the broccoli and radishes are coated.

**The flavors of this salad develop beautifully overnight so if making ahead**, stop here and put in the fridge until ready to serve. If you happen to be making this to eat immediately because you didn't plan ahead, then welcome to my life and proceed by adding the pistachios, sesame seeds, red pepper flakes, a final drizzle of toasted sesame oil and a few shakes of salt. Mix and taste to see if you need any additional salt or oil. Additional chili powder or chili flakes would also be appropriate if you don't have a spice sensitive family member you are working around.

This salad is great for a few days in the fridge although the dates and pistachios will continue to soften which can be a no-go for some eaters.