

BROCCOLI & TAHINI HEAVEN

Servings:

2 generous portions

This is an inspired way to use tahini. You get its creamy deliciousness, the warmth of the spices, the crunch of the apple and broccoli...then the sweetness of the raisins to top it all off!

For the salad: 9oz broccoli (use the florets only, not the stalk – this would be 2-4 heads, depending on size)

9oz carrot (4 medium carrots)

1lb 4oz apple (4 apples)

½ cup raisins

For the sauce:

5 Tbsp tahini

1 ½ tbsp olive oil

5 ounces water

2 Tbsp lemon juice (about 1 big lemon)

1½ tsp ground coriander

¾ tsp cumin

1/3 tsp chili pepper

Preparation:

1. Remove the main pieces of stem from the broccoli, and then chop any remaining large pieces of stem off the florets. Separate the florets, if necessary, with the knife so that you end up with small 1-2cm pieces of broccoli. Put the florets into a large mixing bowl. 2. Grate the carrot and add to the mixing bowl. 3. Make the sauce by putting all of the sauce ingredients apart from the water into a mini processor. Add about half the water and process. Then gradually add more water until you have a sauce that is gloopy and thick – the amount of water needed will depend on the consistency of your tahini. Put to one side. 4. Core the apples and then dice them into small pieces before adding them to the mixing bowl along with the raisins. 5. Pour the sauce over the top of all the ingredients and mix thoroughly.