



Jewel Salad

Servings: 4-5

Prep Time: 15min

Cook Time: 3min

Ingredients

- 1 head broccoli, rinsed
- 1 can chickpeas, drained
- 105 g Cranberries (125 ml)
- 1 round Feta Cheese with black pepper
- 10 ml honey
- 1 large clove garlic, crushed
- 150 ml fat free plain yoghurt
- +- 25 ml Parmesan cheese shavings

Directions

1. Trim off all the firm stalks and use just the top green florets. Separate them further into the smallest sections possible. Pour boiling water over them and set aside for 3 minutes. Tip into a sieve for the water to drain off, then briefly refresh under running cold water.
2. Combine the blanched broccoli in a bowl with the chickpeas and cranberries.
3. In a small bowl, mash the feta, honey and garlic together into the yoghurt. Gently turn it into the salad ingredients until they are gently combined.
4. Top with Parmesan shavings, cover and refrigerate until required.