

Broccoli & Apple w Orange vinaigrette

- 3 cups broccoli, cut into spears
- ½ organic Fuji apple
- 2 tbsp roasted walnut halves
- 1 orange, segments separated

Orange vinaigrette:

- ¼ cup virgin olive oil
- 1/3 cup orange juice
- ¼ cup organic apple cider vinegar
- a touch of sea salt

Method

Place a pot of water on the boil. Throw in the broccoli and blanch for three minutes or until "al dente". Cool under cold running water and drain.

Meanwhile, make the dressing by whisking all the ingredients together and allow to sit. Add a little honey if it's too tart.

Quarter, core and slice the apple and add to the drained broccoli.

Toss together with the dressing and plate up with orange segments and roast walnuts.

Eat right away.

Serves 4 – 8/10 tastes in class