



CREATE HEALTH

Health and Nutrition
Coaching

Brussel Sprout Winter Salad

A perfect Boxing day side dish to use up any left over sprouts



25 mins



6 portions



£0.59p per portion

Ingredients

- 200g Brussel sprouts
- 50g Kale (remove any hard stems)
- $\frac{1}{4}$ Red cabbage
- $\frac{1}{2}$ Red onion
- 1 large carrot grated
- 4 Satsumas
- Handful Fresh coriander - chopped*
- 2tbsp Apple cider vinegar
- 2tbsp Olive oil
- 2tsp Dijon mustard
- 1tbsp Honey
- 80g Pomegranate seeds*

*optional

Instructions

- Thinly slice the brussel sprouts, red cabbage, red onion and kale into a large mixing bowl and add a big pinch of salt
- Add in the grated carrot
- In a separate bowl or jug, mix together the apple cider vinegar, olive oil, mustard and honey, and the juice from one satsuma
- Pour dressing into mixing bowl and stir through well.
- Peel 3 satsumas and chop each segment in half before adding to the mixing bowl
- Sprinkle over coriander if using, and the pomegranate seeds and serve



Health Benefits

Brussel sprouts and Kale pack in some serious nutrition

- Sprouts: contain sulphur which plays a role in supporting a healthy gut lining and cell repair throughout body
- Carrots are a great source of Vitamin A which plays a vital role in our eye health.
- Pomegranite seeds may help protect against Alzheimer's disease
- Kale is one of the most nutritious leafy greens
 - It's an excellent source of Vitamin C
- Both Brussel sprouts AND kale are:
 - high in fibre which stabilisers blood sugar
 - rich in anti-oxidants which lower risk of chronic disease
 - contain kaempferol which supports heart health

Good to Know

- Once poured over, massage the dressing into the vegetables to soften them
- Other good veggies to add include radish, celeriac or fennel
- Will keep in fridge for up to 3 days
- Serve as a side with cold meats, or as a salad with protein of choice such as griddled chicken breast