



Roasted purple sprouting broccoli & tahini salad

A tahini-based dressing adds pep to all kinds of roast vegetables, purple sprouting broccoli included. Scatter over any fresh herbs that you have to hand – mint or basil are both good.

Serves 4 as a side

Prepare 15 minutes
+ standing

Cook 20 minutes

- 2 x 230g packs **Purple Sprouting Broccoli Spears**, woody ends trimmed
- 1 large red onion, peeled and cut into wedges
- 2 tbsp extra virgin olive oil, plus extra to serve
- ½ tsp fine sea salt

- 1 tsp ground cumin
- 1 green chilli, deseeded and finely chopped
- 1 tsp nigella seeds
- 1 tsp white sesame seeds

TAHINI SAUCE

- 70g Cooks' Ingredients Tahini, stirred
- 1 clove garlic, crushed
- ½ tsp ground cumin
- ¼ tsp fine sea salt
- 1 unwaxed lemon, juice (about 30ml)

1 Preheat the oven to 200°C, gas mark 6. Spread out the broccoli and onion in a roasting tin and toss with the oil, salt and cumin. Roast for 20 minutes, turning halfway through, until the onion has softened. Allow to cool until lukewarm.

2 Meanwhile, for the sauce, put the tahini in a bowl. Add the garlic, cumin and salt, then gradually whisk in the lemon juice and 45ml water until it is the consistency of thick double cream. Season, adding more garlic or lemon if needed. Leave to stand for 15 minutes. Thin with a touch of water if necessary.

3 Pour some of the tahini sauce onto a platter or individual plates. Arrange the broccoli and onions on top, then drizzle with more sauce. Sprinkle with the chopped chilli, nigella and sesame seeds, then trickle a little olive oil over the top to serve.

GOOD HEALTH 4 PLANT VARIETIES /
SOURCE OF PROTEIN / SOURCE OF FIBRE

✓ **Per serving** 1300kJ/314kcal/25g fat/3.8g saturated fat/8.1g carbs/
5.3g sugars/9.4g fibre/11g protein/1g salt/vegan/gluten free/1 of your 5 a day