Broccoli, Butter Bean & Cranberry Salad

EASY • 45 MIN

A vibrant and nourishing salad that is bursting with flavor! Using the power of Authentic Manuka Honey combined with tahini to increase the creamy factor, alongside cranberries and slivered almonds that add texture.

This go-to salad is packed with protein, fibre and healthy fats.

Recipe created by @moniquecormacknutrition



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	20 mins	25 mins	2

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Ingredients

- 120g baby spinach
- 2 cups broccoli florets
- ½ 400g tin butter beans, drained and rinsed
- ¼ cup dried cranberries
- ¼ cup slivered almonds
- Extra virgin olive oil

DRESSING

- 1 tbsp Capilano Authentic Manuka Honey
- 1 tbsp dijon mustard
- 2 tbsp extra virgin olive oil
- 3 tbsp hulled tahini
- Pinch salt
- Water to thin dressing

Method

1. Preheat your oven to 180C. Line a tray with baking paper. Spread broccoli florets on tray, drizzle with olive oil and bake for 25 minutes or until the edges are crisp and brown. Allow to cool.

2. Make the dressing by whisking together Capilano Authentic Manuka honey, mustard, olive oil and tahini. Add a splash of water to thin the dressing as needed. Season with salt.

3. Layer the salad - spinach, butter beans, broccoli, cranberries and almonds. Top with a generous drizzle of the dressing. You'll have some dressing leftover so save it for another meal.

Used in this recipe



Authentic Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

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*Vella, G. 2016. Issue 215. CSIRO.

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