

Low FODMAP Broccoli Salad with Yoghurt Dressing

Serves: 8

Prep: 10 minutes

Cook: 5 minutes



Ingredients	Metric	Imperial
2 large broccoli, cut into florets (stalks removed)	384 g	13.5 oz
2 cups baby spinach leaves	100 g	3.5 oz
1 large red capsicum, diced	300 g	10.6 oz
Garlic free sun-dried tomatoes, cut into thin strips	65 g	2.3 oz
6 rashers cooked shortcut bacon, diced	180 g	6.3 oz
¼ cup feta cheese, crumbled	62 g	2.2 oz
¼ cup pine nuts (or walnuts), toasted	56 g	2 oz
¼ cup green spring onion tops, finely sliced	25 g	0.9 oz
Plain, low-fat yoghurt (lactose-free if required)	170 g	6 oz
1 tbsp apple cider vinegar	20 g	0.7 oz
2 tbsp pure maple syrup	50 g	1.8 oz
1 tbsp wholegrain mustard	20 g	0.7 oz
Salt and pepper to taste		

Method

1. Half fill a large pot with water and bring to the boil. Once boiling, place broccoli florets into pot and blanch for 1-2 minutes to soften slightly. Drain, rinse with cold water and set aside in a large salad bowl to cool.
2. Meanwhile, add dressing ingredients to a jug and whisk until well combined.
3. Add all remaining salad ingredients to salad bowl and pour over dressing. Toss with tongs until all ingredients are well combined and thinly coated in dressing.

Hints

- Serve salad as a healthy and delicious side to leftover meat
- Enjoy salad on its own as a light meal
- Replace bacon with a small serving of canned lentils or chickpeas (see the app) for a nutritious vegetarian option

Nutrition Information (per serve)	
Energy	852 Kj / 204 cal
Protein	14.50g
Carbohydrates	9.10g
Sugar	9.10g
Total Fat	11.50g
Saturated Fat	3.30g
Fibre	4.10g