

30 minutes

Serves 4

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Ingredients:

GOOD IDEA

Going dairy-free? Swap out the sour cream for coconut milk. It's just as delicious!

- 1 packet (300g) Brussel sprouts, halved
- Glug olive oil
- 3 cloves garlic, chopped
- Salt and milled pepper
- 1 punnet (125g) mange tout or sugar snap peas, blanched
- 1 large bunch (300g) asparagus, trimmed and blanched
- 1 packet (100g) baby spinach
- 1 packet (350g) Tasty Stem broccoli
- Handful fresh or frozen peas, blanched
- 4-5 radishes, sliced
- 2 Tbsp (30ml) mixed seeds or nuts, for serving

Dressing:

- 1 cup (250ml) sour cream
- Grated peel of 1 lime
- Handful fresh mint and parsley, chopped
- Salt and milled pepper

Method

COOK'S NOTE

Splurge by adding crispy bacon bits or sliced chorizo!

1. Preheat oven to 180°C.
2. Place Brussel sprouts onto a baking tray, drizzle with olive oil, sprinkle with garlic and season.
3. Roast for 7-10 minutes, or until lightly golden. Set aside.
4. Arrange green veg and radishes on a serving platter.
5. Whisk together dressing ingredients.
6. Serve salad with dollops of dressing and sprinkle with seed mix or nuts.

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