INGREDIENTS

2 heads of broccoli
½ cup sliced almonds or sunflower seeds, toasted
1/3 cup dried cranberries
½ small red onion, diced

for the dressing:
½ cup buttermilk, well shaken
1/3 cup mayonnaise
2 tablespoons apple cider vinegar
1 tablespoon sugar
3 tablespoons minced shallots (or red onion)
salt and pepper to taste

METHOD

Trim broccoli and cut it into large chunks. Use as much of the stems as possible. Shred the broccoli by using your food processor’s slicing blade, a mandolin to cut it into thin slices, or simply hand chop it into smaller pieces.

Toss the sliced broccoli with the almonds, cranberries and red onion in a large bowl.

Meanwhile, whisk the dressing ingredients in a smaller bowl, with a good pinch of salt and black pepper.

Pour the dressing over the broccoli and toss it well.

Season well with salt and pepper to taste.