DietCloud – Recipe

Recipe Name: Broccoli Salad Recipe with Roasted Onion & Peppers

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Broccoli	2
• 1 Onion - diced	
• 1/4 cup Red Bell pepper (Capsicum) - cut lengthwise	
• 1/4 cup Yellow Bell Pepper (Capsicum) - cut lengthwise	
• 2 teaspoons Veeba Harissa Sauce	
• 1 teaspoon Brown Sugar (Demerara Sugar)	
• 1 teaspoon Vinegar	
• 2 teaspoons Extra Virgin Olive Oil	
• Salt - to taste	

Preparation

• Cook them on high heat and stir continuously for 5-7 minutes until lightly tender.
• We want the vegetables to be cooked yet crunchy.
• Turn off the flame.

• For the DressingIn a small mixing bowl, combine the harissa sauce, brown sugar, vinegar, olive oil and salt.
• Mix well.

Macronutrients

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Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)