



# Cauliflower, Broccoli and Sultana Salad

**Season:** all

**Serves:** 30

**Recipe source:** Mrs Cassels/Food.com

**Fresh from the garden:**

Preparation time: 30minutes

Adult help and supervision needed when around boiling water.

<p><b>Equipment:</b></p> <p>Large pot Cooks knives Large mixing bowl Small mixing bowl Measuring cups Measuring spoons</p> <p>4 serving bowls 4 coloured serving tongs</p>	<p><b>Ingredients:</b></p> <ul style="list-style-type: none"><li>• 8 cups <a href="#">broccoli florets</a></li><li>• 4 cups <a href="#">cauliflower florets</a></li><li>• ½ head red cabbage</li><li>• ¾ cup sultanas</li><li>• 1/3 cup sunflower seeds</li></ul> <hr/> <p>Dressing</p> <ul style="list-style-type: none"><li>• ¼ cup <a href="#">olive oil</a></li><li>• ¼ cup <a href="#">cider vinegar</a></li><li>• 1 tablespoon <a href="#">honey</a></li><li>• ½ teaspoon <a href="#">dried basil</a></li><li>• ½ teaspoon <a href="#">ground black pepper</a></li><li>• 1 teaspoon salt</li></ul>
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## What to do:

1. Chop the cauliflower and broccoli into small florets.
2. In a large saucepan bring 3 cups of water to boiling. Add the broccoli & cauliflower and return to boiling. Cook covered for 2 minutes or until crisp-tender. Drain. Rinse with cold water; drain well.
3. Slice the cabbage finely.
4. Combine the broccoli, cauliflower, cabbage, raisins and sunflowers seeds.
5. In a small bowl combine the olive oil, vinegar, salt, honey, basil, pepper. Mix well.
6. Add dressing just before serving. Toss to coat