
Brussels Sprouts, Apple and Mac Nut Salad

Yield: 8 Servings

Ingredients

1 lb brussel sprouts (washed)
1 granny smith apple (medium or large)
1 lemon (zest & juice)
2 green onions (sliced thin)
1/2 cup Italian flat leaf parsley leaves
1/4 cup macadamia nuts (toasted & chopped)
1/2 tsp fresh thyme (minced)
1/2 tsp fresh rosemary (minced)
1 small shallot (finely minced)
1 Tbsp apple cider vinegar
3 Tbsp extra virgin olive oil
1 Tbsp honey
salt
pepper

Instructions

Using a mandolin, shave the raw brussels sprouts paper thin, or slice thinly with a sharp knife.

Peel the apple and cut into 1/16 inch batons (also called matchsticks or julienne strips) or shred using a box grater to make about 2 cups.

Place the apple into a large bowl. Add the zest and 1 tsp. juice from the lemon to prevent the apple from turning brown. Add the shaved Brussels sprouts, green onion, parsley and macadamia nuts to the salad.

To make the dressing, in a separate small bowl, whisk together the thyme, rosemary, shallot, apple cider vinegar, olive oil, honey and a heavy pinch of salt and pepper.

Pour all of the vinaigrette over brussels sprouts salad and toss well to coat, season to taste. Serve immediately.

Recipe brought to you by:

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