

Vegan Broccoli Spoon Salad with Ras-El-Hanout Vinaigrette

Source: Bon Appetit, Better Vegan Category: Vegan Salads & Dressings

Prep Time: 15 min Cook Time: 15 min Total Time: 30 min

Serves 4

*Vegan | Gluten Free | Refined Sugar Free | Soy Free | Grain Free
Contains nuts*



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Recipe Link:

<https://www.betterveganrecipes.com/broccoli-salad>

Ingredients:

Salad:

6 Tbsp. avocado oil
2 tsp. ras-el-hanout
1 garlic clove, finely grated
2 Tbsp. fresh lemon juice
2 Tbsp. raw unfiltered apple cider vinegar
1 Tbsp. maple syrup
Pink Himalayan salt
Freshly ground pepper
 $\frac{1}{4}$ cup raw pistachios
1 small shallot, finely chopped
1 medium jalapeño, finely chopped
6 cups finely chopped broccoli florets and peeled stems (from about 1 bunch)
1 cup finely chopped cilantro
 $\frac{1}{3}$ cup finely chopped pitted dates

Ras-El-Hanout:

1 tsp. ground cumin
1 tsp. ground ginger
1 tsp. salt
3/4 tsp. freshly ground black pepper
1/2 tsp. ground cinnamon
1/2 tsp. ground coriander seeds
1/2 tsp. cayenne
1/2 tsp. ground allspice
1/4 tsp. ground cloves

Instructions:

1. Prepare the ingredients.
2. For Ras-El-Hanout: In a small bowl whisk together all ingredients until combined well. Spice blend keeps in an airtight container at cool room temperature 1 month.
3. For Salad: Line large baking sheet with paper towels. Bring about 4 quarts of water to boil in a large pot, add broccoli and blanche for 3 minutes starting the timer from the moment you put the broccoli in. Drain, spread out on paper towel-lined baking sheet and let cool.
4. Heat oil, ras-el-hanout, and garlic in a small saucepan over medium-high until fragrant, about 2 minutes. Remove from heat and whisk in lemon juice, vinegar, and maple syrup. Season vinaigrette with salt and pepper; set aside.
5. Toast pistachios in a small skillet over medium-low heat until golden brown, about 4 minutes. Transfer to a cutting board and let cool; finely chop.
6. Toss pistachios, shallot, jalapeño, broccoli, cilantro, and dates in a medium bowl. Drizzle dressing over and toss to coat. Taste and season with more salt and pepper if needed. Serve.

Notes:

When blanching broccoli, it is important not to overcook it. That is why start the timer once you put the broccoli in, not when it starts boiling. The broccoli should still be crisp after blanching, just not as hard as raw.

Salad can be made 1 day ahead. Cover and chill.

Equipment needed:

Baking sheet

Serving suggestion:

Best served on its own.