

Shaved Brussels Sprout & Apple Salad with Candied Almonds and Togarashi

Servings

4

Calories

330

Prep Time

20 minutes

Total Time

30 minutes

Skill Level

Medium

Ingredients

- 10 ounces Mann's Shaved Brussels Sprouts
- 2 large gala apples with peel, cut into 1-inch long julienne (a mandolin works too)
- ½ cup slivered Candied Almonds (recipe below)
- ½ cup shaved Parmesan cheese
- Salt to taste
- 1 ½ teaspoons Togarashi
- Citrus Vinaigrette (recipe below)



Citrus Vinaigrette

- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh orange juice
- ½ teaspoon finely grated lemon zest
- ½ teaspoon finely grated orange zest
- 1 teaspoon Dijon mustard
- 2 tablespoons cider vinegar
- ¼ cup olive oil, extra virgin
- ¼ teaspoon salt

Candied Almonds

- 2 tablespoons butter
- 1 cup slivered almonds
- 6 tablespoons sugar



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The Method

Heat a large saute pan over medium-high. Add a splash of canola oil and cook the Shaved Brussels Sprouts until they have caramelized slightly, about 10 minutes. Remove from heat and cool slightly.

Mix the Shaved Brussels Sprouts, dressing, 1 teaspoon togarashi, apples, half of the candied almonds and half of the shaved parmesan well in a large mixing bowl, season with salt to taste and let sit 5 -10 minutes.

Spread between 4 serving plates, then add the remaining ingredients for garnish.

For the dressing

In a food processor, combine all of the dressing ingredients except oil. Pulse a few times, then with the motor running, add the oil in a slow stream to emulsify. Season with salt and pepper to taste.

For the candied almonds

Melt butter in 10-inch skillet until sizzling; add almonds and 4 tablespoons sugar. Cook over medium heat, stirring constantly, 4-5 minutes or until sugar melts and nuts are golden brown. (Watch closely to prevent burning.) Remove from heat; stir in remaining 2 tablespoons sugar.

Quickly spread onto waxed paper and cool completely. Break clusters of nuts into pieces. Store in container with tight-fitting lid.

Recipe by Dave Woolley and CD Culinary Approach

Nutrition Facts

Serving Size: 223g | Servings: 4

Amount Per Serving

Calories 330 | Total Fat 18g (sat fat 5g trans 0g) | Cholesterol 10mg | Sodium 320mg | Total Carbohydrate 34g | Dietary Fiber 7g | Sugars 23g | Protein 10g | Vitamin D 0% | Calcium 20% | Iron 10% | Potassium 10%