

BRUSSEL SPROUT SLAW

Shredded Brussel Sprouts with Shallot, Cranberry, Toasted Pine Nuts in a Classic Dressing.



PREP TIME
10 MIN



COOK TIME
3 MIN



SERVINGS
4

Ingredients

- 800g Brussels sprouts, grated or finely chopped
- 2 carrots, peeled and grated
- 80g toasted pine nuts
- 4 small shallots, finely chopped
- 4 tbs [Blenders Cranberry Sauce](#)
- 120mls [Blenders Classic Dressing](#)

Allergens

Contains Nuts, Mustard

Method

1. Finely grate the carrot and place in a bowl.
2. Peel the Brussels sprouts and cut off the stem, place on a chopping board and slice finely.
3. Chop the shallots and mix the ingredients together.
4. In a small bowl combine the [Cranberry sauce](#) and [Classic dressing](#) and add to the mixed vegetables.
5. Put the pine nuts on to a hot pan. Gently toss for about 2 to 3 minutes until the colour turns brown. Combine all the ingredients together and chill in the fridge for about 10 minutes and serve.

