

FOOD ON THE RUN

Dankie Wilmarie vir die lekker maklike slaai resep. Sy het die aand toe sy dit gemaak het, net blomkool gehad en dit was net so lekker.

Broccoli and Cauliflower salad

200 g frozen or fresh broccoli
200 g frozen or fresh cauliflower
100 g rindless streaky bacon, chopped
125 ml (½ c) plain yoghurt
80ml (⅓ c) mayonnaise
60 g feta cheese, cubed or crumbled

Boil the broccoli and cauliflower in very little water until soft, but not mushy.

Using a slotted spoon, transfer to a salad bowl and allow to cool.

Meanwhile, fry the bacon until crisp, scatter over the broccoli and cauliflower and leave to cool.

Combine the yoghurt and mayonnaise and pour over the cooled salad, tossing lightly.

Top with the feta cheese and serve cold.

We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.

Forward any recipes to me at: drocher@absamail.co.za

Daleen Rochér