



A raw cauliflower salad with horseradish, dill and yoghurt dressing

serves 4-6

2 heads of fresh cauliflower, 1 purple and 1 white
1 small red onion, finely sliced
1 apple (preferably e.g. Discovery or Aroma or any acidic variety), peeled, cored and cubed
1 tbsp raw chia seeds
1 handful walnuts, pan toasted and roughly chopped

1 cup plain Skyr yoghurt (or a greek/turkish variety)
a large bunch of fresh dill, finely chopped
fresh horseradish, finely grated (amount to suit your tastebuds)
a squeeze of fresh lemon juice
1/2 tsp sea salt
freshly ground black pepper

- 1) Separate the cauliflower florets from the stalk and cut them into smaller pieces. (Keep the stalk for e.g. juicing or cooking later.) Combine the florets in a serving bowl together with onion, apple, chia seeds and walnuts (keep some for garnish).
- 2) Combine all ingredients for the yoghurt dressing in a small bowl.
- 3) Add the yoghurt dressing to the vegetables and use your hands to mix until everything is coated in yoghurt.
- 4) Sprinkle chia seeds, walnuts and dill on top and serve.

This is great as a side dish for oily fish (such as salmon or mackerel) or as a light lunch.