



Shredded Brussels Sprouts & Pomegranate Salad

4 servings

30 minutes

Ingredients

45 grams Hazelnuts (raw)
352 grams Brussels Sprouts (trimmed and shredded)
79 milliliters Extra Virgin Olive Oil
23 grams Dijon Mustard
23 milliliters White Wine Vinegar
Sea Salt & Black Pepper (to taste)
56 grams Parmigiano Reggiano (finely grated)
70 grams Pomegranate Seeds

Directions

- 1 Preheat the oven to 350°F (180°C). Add the hazelnuts to a baking tray and bake for ten to 15 minutes, until toasted and fragrant. Remove from the oven and place in a clean kitchen towel. Rub to remove the skins. Let cool and then roughly chop and set aside.
- 2 Add the Brussels sprouts to a large salad bowl.
- 3 In a small jar or bowl, combine the oil, mustard, vinegar, salt, and pepper and shake or whisk until well combined.
- 4 Add the dressing to the Brussels sprouts and toss well to combine. Top with the hazelnuts and garnish with the parmesan cheese and pomegranate seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Add chopped bacon and/or chopped apple.

Short on Time: Use a food processor to quickly shred the Brussels sprouts. Use roasted hazelnuts instead.