

Cauliflower salad with apples

- Serves 4 people -

INGREDIENTS:

1 Apple
1 Cauliflower
1/2 handful broad
leaved parsley
Pepper to taste

DRESSING:

15g Pine nuts
2 handfuls Parsley
2 cloves Garlic
3 tbsp Parmesan cheese
1/2 dl Sour cream
1 tsp Honey
Salt and Pepper to taste

METHOD:

- STEP 1** Cut apples into cubes and split cauliflower into small bits.
- STEP 2** Put garlic, pine nuts, parsley and parmesan into a blender and blend until you have a smooth paste.
- STEP 3** Add honey, salt and pepper to taste.
- STEP 4** When finished stir everything together and add in the sour cream.

