

VEGETARIAN

BRUSSELS SPROUTS SALAD WITH HAZELNUTS AND DATES



Ingredients (For 4 people)

- 3 tbsp colza oil
- 2 tbsp vinegar
- Zest of 1/2 orange
- Salt and pepper

Preparation:

For the dressing:

Combine all the ingredients.

Season.

For the salad:

Wash the Brussels sprouts and finely chop them.

Pit the dates and finely chop them.

Remove the pith from the orange, reserving the segments.

Crush the hazelnuts and toast them slightly in a pan.

Combine all the ingredients in a salad bowl.

Toss the salad with the dressing.

