



## Broccoli, Butter Bean & Cranberry Salad

EASY • 45 MIN

A vibrant and nourishing salad that is bursting with flavour! Using the power of Bioactive Manuka Honey combined with tahini to increase the creamy factor, alongside cranberries and slivered almonds that add texture.

This go-to salad is packed with protein, fibre and healthy fats.

Recipe created by [@moniquecormacknutrition](#)



**SKILL LEVEL**  
Easy

**PREP TIME**  
20 mins

**COOKING TIME**  
25 mins

**SERVINGS**  
2

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## Ingredients

- 120g baby spinach
- 2 cups broccoli florets
- ½ 400g tin butter beans, drained and rinsed
- ¼ cup dried cranberries
- ¼ cup slivered almonds
- Extra virgin olive oil

### DRESSING

- 1 tbsp [Capilano Manuka Honey](#)
- 1 tbsp dijon mustard
- 2 tbsp extra virgin olive oil
- 3 tbsp hulled tahini
- Pinch salt
- Water to thin dressing

## Method

1. Preheat your oven to 180C. Line a tray with baking paper. Spread broccoli florets on tray, drizzle with olive oil and bake for 25 minutes or until the edges are crisp and brown. Allow to cool.
2. Make the dressing by whisking together Capilano Active Manuka honey, mustard, olive oil and tahini. Add a splash of water to thin the dressing as needed. Season with salt.
3. Layer the salad - spinach, butter beans, broccoli, cranberries and almonds. Top with a generous drizzle of the dressing. You'll have some dressing leftover so save it for another meal.

## Used in this recipe



### AUSTRALIAN MANUKA HONEY

#### Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

#### Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's Australian Manuka honey has a rich, smooth,

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caramel taste.

### **Boost your Daily Health Routine**

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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