



Trees Seeds and Beans Broccoli Slaw

Jacob · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 20 mins

Description

I came up with this broccoli slaw side dish when I was trying to clear the fridge out prior to leaving for a vacation. Grabbed what I saw, stirred up a bowl, and gave it a cheeky title based on some of the cute terms my daughter uses for food. I used lite mayo and Splenda, and I'm sure it would be great with fullfat mayo and sugar. Saved the other half can of garbanzos for tossing with a salad. I also used half fresh half frozen broccoli as that's what I had on hand, and it was all tasty.

Ingredients

- - 2 ½ cups broccoli florets
- cut into bite-size pieces - 4 cups ice water
- or as needed - ½ (15 ounce) can garbanzo beans
- drained and rinsed - ¼ cup matchstick-cut carrots - 2 tablespoons raisins - 2 tablespoons sunflower seeds - ½ cup mayonnaise - 2 tablespoons white sugar - 1 tablespoon white vinegar - ¼ teaspoon red pepper flakes - salt and ground black pepper to taste - 2 tablespoons sunflower seeds
- or to taste

Instructions

1. Bring a large pot of water to a boil; cook broccoli until bright green
2. about 1 minute. Transfer to a bowl of ice water; drain. Combine broccoli
3. garbanzo beans
4. carrots
5. raisins
6. and 2 tablespoons sunflower seeds in a bowl. Whisk mayonnaise
7. sugar
8. vinegar
9. red pepper flakes
10. salt
11. and black pepper in a separate bowl. Stir dressing into broccoli mixture. Cover and refrigerate for at least 1 hour for flavors to blend. Garnish with about 2 tablespoons sunflower seeds.