# Broccoli and Peach Salad

Serves 25 tastes in the classroom or 6 at home.

Fresh from the garden: capsicum, broccoli

Recipe source: Adapted from Tarla Dalal’s Latest Recipes

## Equipment:
- Clean tea towel
- Chopping board
- Kitchen knife
- Saucepan
- Wooden spoon
- Bowl
- Strainer

## Ingredients:
- 2 cups broccoli florets
- 1 can peaches
- 1 tbsp fresh cream
- ¼ cup plain thick yoghurt
- 1 tbsp tomato sauce
- ½ finely chopped onion
- 1 tbsp finely chopped capsicum
- ¼ tsp mustard powder
- ¼ tsp finely chopped green chillies
- 2 tsp caster sugar
- Salt to taste

## Method:

- Dampen the tea towel and place it under the chopping board to keep it from sliding
- Wash, chop and blanch the broccoli in boiling water for 3 minutes
- Drain the broccoli and place in ice-cold water for 10 to 15 minutes
- Drain the peaches from the can thoroughly and slice (use the liquid in a drink)
- Mix all other ingredients to make a yoghurt mustard dressing
- Arrange the broccoli and peaches in a bowl and pour over the dressing. Refrigerate for an hour if possible so that the flavours infuse. Serve chilled
- (Optional extra- serve garnished with slivered almonds on top)