

Crunchy Brussels Sprouts and Apple Slaw

Finely shaved brussels sprouts provide a robust structure for this crave-worthy salad, their mildly bitter leaves emboldened by a sweet and tart maple-and-mustard dressing. Every element of this salad works hard to make this slaw memorable: Apple provides sweet, fruity bursts; the shallot injects aromatic appeal; the almonds bring much-needed crunch; the mint lends bright herbaceousness; and salty pecorino imparts essential sharpness. Serve with bread, or enjoy as a leafy side accompanying a main. An excellent choice for entertaining, this salad can hang around for a while.

Total Time 20 minutes

Prep Time 5 minutes

Cook Time 15 minutes

Yield: 4 servings

Ingredients

1 tablespoon whole-grain mustard
2 tablespoons maple syrup
2 tablespoons extra-virgin olive oil
2 tablespoons lemon juice
1 garlic clove, finely grated
Salt and pepper
1 lb brussels sprouts, trimmed
1 apple, cored
1 large shallot or 1/2 red onion
3 ounces pecorino, thinly shaved or grated
1/2 cup toasted slivered or sliced almonds
Big handful mint leaves, roughly chopped

Step 1

To make the dressing, place the mustard, maple syrup, olive oil, lemon juice and garlic into a large bowl and whisk to combine. Season with salt and pepper.

Step 2

Using a mandoline, a sharp knife or the slicing disk in a food processor, thinly slice the brussels sprouts, apple and shallot and place into the bowl with the dressing. Toss well to combine. (The brussels sprouts, apple, shallot and dressing can be tossed up to 24 hours ahead and stored in the fridge in an airtight container.)

Step 3

When ready to eat, add the pecorino, almonds and mint, and toss until all elements are well coated.

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