

*Rethink what's on your plate – Things you thought were inedible like carrot peels can actually have a place at the table. This recipe uses broccoli stems and cauliflower leaves, parts of the food that are commonly wasted.*



**TOO GOOD  
TO WASTE**  
**Feast**

## Chef John Howie's **Broccoli Stem and Cauliflower Leaf Salad**

### Ingredients

**Serves 4**

• Extra Virgin Olive Oil	4 Tbsp.
• Garlic – minced	½ tsp.
• Broccoli Stem – peeled, julienne sliced 1/16" x 1/16" x 1" long	¼ cup
• Cauliflower Leaves – julienne sliced 1/8" x 1" long	¼ cup
• Cauliflower Florets – sliced ¼", blanched for 45 seconds	1 cup
• Onion – (sweet) - dice	¼ cup
• Quinoa – cooked al dente	½ cup
• Bell Pepper – (red, yellow or orange) diced	¼ cup
• Golden Raisins	¼ cup
• Lemon Juice - fresh	2 Tbsp.
• Lemon Zest – minced fine	1 tsp.
• Salt, Pink Sea or Kosher	1 tsp.
• Black Pepper – fresh ground	¼ tsp.
• Italian Parsley – fresh, chopped (and 4 sprigs for garnish)	2 Tbsp.

### Broccoli Stem & Cauliflower Salad Procedure:

1. Cook the quinoa to al dente (1 part quinoa to 2 parts water, bring to boil, simmer about 15 minutes or until quinoa is cooked). Cool quickly and hold refrigerated until needed.
2. Cut the cauliflower and blanch in boiling water for 45 seconds.
3. Remove from the heat and rinse with cold water to chill quickly. Hold refrigerated until needed.
4. Mix all ingredients together, toss until well coated, place in the refrigerator and hold for 30-45 minutes, toss again to ensure even coating.
5. Garnish with an Italian parsley sprig. Serve.



**King County**



**SEASTAR**  
restaurant and raw bar