

Jerusalem Artichoke Salad with Broccoli

Fresh Jerusalem artichoke and broccoli salad with pomegranate and walnuts. A healthy, colorful dish perfect as a side or light lunch.

20 min

PREP

20 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2.5 lb jerusalem artichoke
- 1 lb broccoli
- 2 pomegranate
- 3.5 oz walnut
- 3 tbsp vinegar
- 4 tbsp olive oil
- 1 lemon
- 1 tsp salt

Instructions

1 Prepare the Jerusalem artichokes

Fill a large bowl with cold water and add 2 tablespoons of the lemon juice to create acidulated water. Scrub 2.5 lb Jerusalem artichokes under cold running water, then peel with a vegetable peeler. Cut into 1-inch pieces and immediately submerge in the acidulated water to prevent browning.

2 Roast the Jerusalem artichokes

Preheat oven to 400°F (200°C). Drain the Jerusalem artichokes and pat completely dry with paper towels. Toss with 2 tablespoons olive oil, 1/2 teaspoon salt, and freshly ground black pepper. Spread in a single layer on a parchment-lined baking sheet and roast for 20-25 minutes until golden brown and fork-tender.

3 Prepare the broccoli

Cut 1 lb broccoli into uniform bite-sized florets, discarding the thick stems. Bring a large pot of salted water to a rolling boil. Add broccoli florets and cook for 2-3 minutes until bright green and crisp-tender.

- 4 Immediately drain the broccoli and plunge into a bowl of ice water to stop the cooking process. Let sit for 2 minutes until completely cooled, then drain thoroughly and pat dry with paper towels.
- 5 **Prepare remaining ingredients**

Remove seeds from 2 pomegranates by cutting in half and tapping the back with a wooden spoon over a bowl. Roughly chop 3.5 oz walnuts into large pieces. Heat a dry skillet over medium heat and toast the walnuts for 2-3 minutes until fragrant and lightly golden.
- 6 **Make the dressing**

In a small bowl, whisk together the remaining 1 tablespoon lemon juice, 4 tablespoons olive oil, and 1/2 teaspoon salt until well emulsified. Taste and adjust seasoning with additional salt and pepper as needed.
- 7 **Assemble the salad**

In a large serving bowl, combine the cooled roasted Jerusalem artichokes, blanched broccoli, pomegranate seeds, and toasted walnuts. Pour the dressing over the salad and toss gently to coat all ingredients evenly.
- 8 Let the salad rest at room temperature for 15-20 minutes to allow the flavors to meld before serving. Taste and adjust seasoning with additional salt, pepper, or lemon juice if desired.

Tips

Scrub Jerusalem artichokes thoroughly with a vegetable brush before peeling, as their knobby surface can trap dirt. A sharp paring knife works better than a peeler for their irregular shape.

To prevent browning, drop peeled Jerusalem artichokes immediately into acidulated water (water with lemon juice or vinegar) until ready to cook.

Don't overcook the broccoli - it should be bright green and tender-crisp. Immediately plunge it into ice water after blanching to stop the cooking process and preserve its vibrant color.

Toast the walnuts lightly in a dry pan for 2-3 minutes to enhance their flavor and add extra crunch to the salad.

Make the dressing in a jar so you can shake it well before adding to the salad, ensuring the oil and vinegar are properly emulsified.

Let the salad rest for 15-30 minutes after adding the dressing to allow the flavors to meld, but don't let it sit too long or the vegetables will become soggy.

For easier pomegranate seed removal, cut the fruit in half and hold it cut-side down over a bowl while tapping the back with a wooden spoon.

Room temperature vegetables absorb dressing better than cold ones, so let the roasted Jerusalem artichokes and blanched broccoli come to room temperature before assembling the salad.

