

Broccoli

Available

All year round.

Buy

Head should be dark green with compact buds.

Store

In the vegetable bin in the fridge.

Prepare



Whole head.



Separate the broccoli head into florets.



Chop into smaller florets.



Grate the stalks.

Cook

Can be:



Boiled



Stir-fried



Stalk salad



Pasta



Roasted broccoli salad

(serves 4)

Ingredients

2 heads broccoli, cut into florets
4 cloves garlic, sliced
4 tablespoons oil
4 tablespoons lemon juice (2 lemons)
2 tablespoons lemon zest (2 lemons)
Season with pepper

Method



Heat oven to 200°C.
In a large bowl mix all ingredients together.



Spread out evenly on a roasting dish. Roast in oven for 15 minutes.



Serve with grilled chicken, bread roll and salsa.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes



My Family Food

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