

Be a Broccoli Stalker



Kia ora koutou,

Broccoli stalks are both edible and delicious. That's right, broccoli stalks are edible! That may be news to some. After all, if you were only served the florets as a child, you might not even be aware that you can eat the stalks.

Did you know that over 2,500 tonnes of broccoli stalks are thrown away by Kiwi households every year? That's a huge amount that could be contributing to nourishing, delicious recipes and filling our tummies. The stalk is often more than 60% of the vegetable is and it is just as nutritious as the 'tree' at the top.

Adding broccoli stalks to meals is easy— just cut the very bottom off the stalk, remove any leaves and then use a vegetable peeler to peel the outer layer. You can then grate them, chop finely, or slice them. If you would prefer to use them at a later date, chop and store them in a reusable bag or container in the freezer. They make a fantastic on to soups, casseroles, and stews.

Broccoli balls

- 2 cups grated broccoli stalk and/or cooked broccoli, finely chopped
- 1 small onion, finely chopped
- 1 egg
- $\frac{1}{3}$ cup plain flour
- $\frac{1}{2}$ cup grated cheese
- Salt and pepper to taste
- 1 teaspoon dried mixed herbs (optional)

Preheat oven to 180°C. Mix all of the ingredients together. Roll the mixture into teaspoon-sized balls then place on a baking tray lined with baking paper. Bake for 12-15 minutes, turning the broccoli balls about 8 minutes into the cooking time.

Broccoli and lentil fritters

- 1 head broccoli, stalk and florets (grated/finely chopped and cooked*)
- 4 eggs
- $\frac{1}{2}$ cup plain flour
- 1 tin brown lentils, rinsed and drained
- $\frac{1}{2}$ cup grated cheese
- Salt and pepper to taste
- Small amount of oil (to cook)

Mix all ingredients together. Heat 1 teaspoon of oil in a small frying pan. Fry tablespoonfuls of mixture into fritters until golden on either side. Serve with plain yoghurt if desired.

*You may like to cook the broccoli stalk and florets by either:

- in boiling water for 30 to 60 seconds
- Steaming
- or pop them in the microwave and cook in high power for 1 minute