

Broccoli

Store

Refrigerate in plastic bags or loose in vegetable drawer.



Prepare

- Wash well and peel the thick part of the stem.
- Cut florets from the stem, slice the remaining thicker part of the stem.

Cook

- Boil in lightly salted water, covered for 2-3 minutes or until just tender.
- Steam over boiling water 4 minutes or until just tender.
- Microwave in a covered container with a little water, cook on high 2 minutes.

Add Flavour

- Stir-fry in a little oil, try sesame oil for a change.
- Top with a little grated edam or other low fat cheese.

Vege Up

- Use lightly cooked broccoli as a vegetable to dip into hummus etc.
- Add to a stir fry of vegetables.
- Add to thinly sliced and stir-fried meat.

Recipe Ideas

Soup

Broccoli Soup

½ tablespoon oil
 1 onion, chopped
 1 clove of garlic, crushed
 1 litre chicken stock
 2 heads of broccoli (stems sliced and florets left whole)
 250 ml low fat milk
 Salt and pepper to taste



In a heavy saucepan, heat oil over medium heat.
 Cook onion and garlic until soft (about 5 minutes) being careful not to brown.
 Add stock and bring to the boil add chopped stems and florets.
 Cook until broccoli is tender, about 8 minutes.
 Purée broccoli mixture until velvety smooth in processor, with a wand or masher.
 Return to pot and stir in milk. Reheat gently, add salt and pepper to taste.

Stir Fry

Honey Gingered Vegetables

3 cups prepared cauliflower and broccoli florets
 1 teaspoon finely chopped ginger
 1 Tbsp vegetable oil
 1 Tbsp honey
 1 Tbsp white vinegar

Stir fry vegetables and ginger in oil for 8-10 minutes or until tender but still slightly crisp.
 Add honey and vinegar and toss well to ensure vegetables are well coated and the honey has melted. Serve immediately.