





Broccoli

Broccoli is originally from Italy and is now one of the most popular vegetables in the UK. Broccoli is a good source of vitamin C and folic acid.

1 portion = 2 florets/spears

Recipe
developed by
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Community Chef

How to prepare

Both the stalk and the head are edible. Trim the bottom inch of stalk. Cut the stalk below the head and chop up using a sharp knife. Cut the head into florets (little trees) and rinse in cold water before using.

How to cook

Boil: place florets in a pan of boiling water and cook for 4–6 minutes.

Steam: place in a steamer, metal colander or sieve over a pan of boiling water and steam for 4–6 minutes.

Stir-fry: break into bite-sized florets, heat 1 teaspoon of oil in a frying pan and add the florets. Cook for 4–5 minutes or until tender and crisping on the edges.

Roast: toss broccoli in oil and season with herbs or spice. Place on baking tray and roast for 20–25 minutes (200°C/400°F/gas mark 6).

Recipe ideas

- Steam broccoli and add to pasta with cheese sauce, made by melting 2 tablespoons of butter in a pan and then stirring in 3 tablespoons of flour, 1 1/4 cups of milk and a handful of grated cheese.
- Stir-fry with fresh chilli and garlic and serve with noodles.
- Roast together with chopped up peppers, onions and courgettes.



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