

BROCCOLI



PREPARATION



- Wash well.
- Slice broccoli into sections.
- Slice the stem into cubes.

ADD FLAVOUR



- Stir fry with a little oil, soy sauce and crushed garlic.
- Stir fry with 1 tsp fresh ginger and 1 Tbsp. honey.

STORAGE



- In vegetable section of the fridge.
- Cut into florets and put in snap lock bags in the freezer.
- Pre-cut stem into cubes or matchsticks, freeze and add to stir fry's or curries.

VEGE UP



- Add to soups, curries and stews.
- Add lightly boiled broccoli to pasta meals.
- Cut into florets and use in stir fry's.
- Blanch and add to salads.

COOKING



- Boil in water, covered for 1-2 minutes until just tender, or steam over boiling water for 1-2 minutes until just tender.
- Microwave in a covered container with a little water (2 Tbsp.) for 3 minutes.