

# Broccoli - Properly Dressed

Crunchy broccoli, perfect for summer.

2 heads broccoli

steam florets and stem slices above rapidly boiling water until par-cooked.<sup>1</sup> Remove from steamer.

60 grams olive oil

3 garlic cloves

20 grams capers, chopped

heat in a pot.

Pour hot oil over broccoli, stir to combine. Season to taste.

70 grams pine nuts, toasted

small bunch parsley, chopped

sprinkle on top of the broccoli. Serve.

<sup>1</sup> Cut head into 1-inch florets. Peel the stem and slice into half-inch-thick coins.

<sup>2</sup> The crunchier the better. Arrange the stems at the bottom of the steam basket and the florets on top.