

View from the Fridge – Recipes from Brian Donkin

Recipe # 39 – Broccoli

Preparation time: 1 mins – Cooking time: 3 mins

Ingredients

1 large head of broccoli
1 tablespoon of salt

Method

1. Make a cross on the stem of the broccoli with a sharp knife to about $\frac{1}{2}$ inch depth
2. Place in pot of boiling salted water, put lid on and cook for 3 minutes
3. Lift out gently and cut into quarters.

Serves 2

