

BROCCOLI, GARLIC & CASHEWS

Time: 30 minutes

Serves: 4

Ingredients:

4 litres water
50g kosher salt
4 broccoli crowns (approximately 600g)
60ml extra-virgin olive oil
40g raw cashews
7 grams garlic - finely chopped
2 red Thai chilies - thinly sliced

Preparation:

Combine the water and salt in a pot on high heat and bring to a boil.

Boil the broccoli for four minutes (begin timing immediately even if the boil is lost) and immediately remove from the water, draining well.

Preheat your broiler on high.

While the broiler is heating, place the remaining ingredients in a small saucepan over medium heat. Cook, stirring occasionally until the garlic just begins to brown. Remove from heat. The garlic and cashews will continue to cook in the hot oil.

Place the broccoli on a broiling rack and broil, turning occasionally until some darkened spots appear.

Plate the broccoli topped with the olive oil and cashews.

Nutritional Information Per Serving:

Calories: 227
Fat: 19g
Carbs: 13g
Fibre: 4g
Protein: 6g