



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GRILLED BROCCOLI

Time: 20 minutes

Serves: 4

Ingredients:

500g broccoli crowns with stalks
40g cold-pressed avocado oil (or olive oil)
3g salt

Preparation:

Preheat a gas or charcoal grill on high.

Place the broccoli in a bowl and drizzle with the oil. Sprinkle with the salt and toss to coat.

Grill the broccoli on high, turning every few minutes until the stalks are tender crisp and crowns lightly charred (approximately ten minutes).

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 131
Fat: 11g
Carbs: 8g
Fibre: 3g
Protein: 4g