

## Kev's Kitchen

**Time: 30 minutes**

**Serves: 4**

### **Ingredients:**

500g large broccoli florets  
40ml avocado oil (or other cold-pressed neutral-flavoured oil)  
3g salt  
Zest of one lemon  
40g Parmesan cheese - freshly grated

### **Preparation:**

Preheat oven to 220C.

Place broccoli on a baking sheet (covered with parchment if preferred). Drizzle with oil. Sprinkle with salt. Toss to coat evenly.

Bake for 20 minutes.

Sprinkle with lemon zest and Parmesan.

Serve immediately.

### **Nutritional Information Per Serving:**

Calories: 174  
Fat: 13g  
Carbs: 9g  
Fibre: 3g  
Protein: 7g