



Cooked Broccolini

4 servings

10 minutes

Ingredients

454 grams Broccolini (trimmed and stems sliced)
1 cup Water
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	59
Fat	4g
Carbs	5g
Fiber	3g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	9mg
Vitamin A	1952IU
Vitamin C	34mg
Calcium	125mg
Iron	1mg

Directions

- 1 In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
- 2 Add the olive oil and season with salt and pepper. Toss well and sautee for an additional 2 minutes.
- 3 Remove the broccolini from the pan, divide onto plates and enjoy!

Notes

More Flavour: Add lemon juice, lemon zest, garlic and/or spices in step 2.

Dairy-Free: Use coconut oil, olive oil or avocado oil instead of butter.

No Broccolini: Use broccoli or rapini instead.

Leftovers: Refrigerate in an airtight container for 3 to 5 days.