



steamed broccoli

By Shannon Bennett

10 minutes

Prep time

8 minutes

Cooking time

6 Servings

Serves

INGREDIENTS

400g broccoli, broken into small fleurettes 200ml sunflower oil for frying 3 long red chillies, sliced into thin rounds 3 cloves garlic, finely sliced

Dressing

1 lemon, using the juice and finely grated zest 100ml garlic oil 20ml (1 tablespoon)
Yuzu juice 60ml olive oil
Murray River Sea Salt to taste

METHOD

1. Place the broccoli on a perforated steam tray and Steam

at 100°C for 3 minutes. Cool quickly by placing in a bowl

of iced water for 1 minute, or until cool.

- 2. Heat oil over medium heat, Induction setting 6, to 170°C.
- 3. Deep-fry the garlic slices for 2-3 minutes or until golden and

crisp. Drain on paper towel.

4. Deep-fry chilli slices until deep red colour and crispy. Drain

on paper towel.

5. Whisk all dressing ingredients together and season well

with salt.

6. Combine the broccoli with chilli, garlic and dressing.

Toss well and serve immediately.

Hints and tips

• Yuzu is a Japanese citrus fruit, Yuzu juice can be purchased

from Japanese grocers.

• A mixture of lemon and lime juice may be used as a substitute

for Yuzu juice if desired.