

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.