

Miele

Chargrilled broccoli with almonds, chilli and chickpeas

By Miele

15 minutes

Preparation time

10 minutes

Cooking time

4

Serves



INGREDIENTS

- 1 kg broccoli (2 heads), cut into florets
- 120 ml extra virgin olive oil
- 80g salted capers, rinsed and drained
- 2 garlic cloves, finely chopped
- 1 long red chilli, thinly sliced
- 500 g cooked chickpeas, (2 tins, drained and rinsed)
- 1 cup baby spinach
- Zest and juice of 1 lemon
- 1 cup parsley, finely chopped
- ? cup mint leaves
- 80 g parmesan, shaved
- 50 g flaked almonds, toasted

METHOD

1. Place the broccoli florets in a perforated steam container and steam at 100°C for 1 minute.
2. Pre-heat the griddle plate on high heat, Induction setting 8, until the pan is smoking hot.
3. Remove the broccoli from the steam oven, quickly toss in half of the olive oil and place on the griddle pan, in batches, until you have char marks on the broccoli. Keep aside in a large mixing bowl.
4. Add the remaining oil into a small saucepan, with the capers, garlic and chilli.
5. Cook on medium heat, Induction setting 5, until the garlic starts to just turn slightly golden.
6. Remove from the heat immediately and pour directly over the broccoli.
7. Add the chickpeas, spinach, lemon zest, salt and pepper and mix well.

Note

- Just prior to serving, squeeze over the lemon juice and top with parsley, mint, parmesan and almonds.
- A protein rich vegetarian meal to help promote muscle repair after training.
- Add a side of brown rice for extra carbohydrates if you have high energy needs.
- Make double the recipe and enjoy your leftovers for lunch the next day.