

Olive



BROCCOLI

ROASTED BROCCOLI AND FENUGREEK SALAD WITH FETA OR GOATS CHEESE

INGREDIENTS

2 BUNCHES BROCCOLI CUT INTO FLORETS
3 TBS EXTRA VIRGIN OR RAPESEED OIL
4 CLOVES MINCED GARLIC
ROCK SALT, BLACK MILLED PEPPER
SPRINKLE FENUGREEK
JUICE 1 FRESH LEMON
100G FETA CHEESE OR GOATS CHEESE

METHOD

- COAT BROCCOLI IN OLIVE OIL WITH ROCK SALT AND FENUGREEK, GARLIC AND PLACE ON BAKING TRAY, WELL SPREAD SO NOT TO GET TOO WET.
- ROAST IN HOT OVEN UNTIL TIPS OF BROCCOLI GO CRISPY BROWN AND STEMS STAY TENDER.
- TAKE FROM OVEN SERVE HOT OR CHILLED WITH FRESH LEMON JUICE.
- GARNISH WITH ANY MIXED LEAVES AND A PIECE OF FETA OR GOATS CHEESE

BROCCOLI AND STILTON SOUP WITH FLAKED ALMONDS

INGREDIENTS

4 TBS RAPESEED OIL OR OLIVE
3 MED ONIONS CHOPPED (WHITE)
2 CELERY STICKS DICED
1 LEEK DICED
2 POTATOES PEELED AND DICED
2 TBS BUTTER
VEGETABLE STOCK 1.5 LTR
2 HEADS OF BROCCOLI
150G STILTON OR BLUE CHEESE
TOASTED ALMONDS IF YOU WANT (OR WITHOUT FOR ALLERGIES)

METHOD

- HEAT PAN, ADD OIL FRY ONIONS GENTLY WITH NO COLOUR JUST CLEAR,
- ADD CELER, LEEK, POTATO AND BUTTER, COVER WITH LID AND LET SWEAT FOR 5 MINS
- ADD VEG STOCK AND SIMMER FOR 15 TO 20 MINS, THEN ADD BROCCOLI FLORETS AND COOK FOR A FURTHER 5 MINS
- TAKE OFF HEAT, BLEND IN LIQUIDISER UNTIL SMOOTH AND A GOOD GREEN COLOUR, STIR IN STILTON CHEESE AND GARNISH WITH TOASTED FLAKED ALMONDS