

Smashed broccoli

25–30 Min

Preparation

1. Heat the oven to 220° Celsius. Line a baking sheet with baking paper. Boil a pot of salted water. Tear the broccoli into larger florets and wash.
2. Add broccoli to boiling water and cook for 1–2 minutes. Drain and transfer to a baking sheet.
3. Using a glass or a potato masher, mash each piece of broccoli. Combine the other ingredients in a bowl. Coat the crushed broccoli on both sides with the prepared marinade.
4. Transfer the tin to the heated oven and bake for 15 minutes. Remove, turn and continue baking for another 10 minutes, or until the broccoli is crispy on the outside. Remove to a serving plate and serve with your choice of sauce.

Ingredients 4 Portions

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1 head	Broccoli
1 tsp	Organic Garlic Granules
1 tsp	Turmeric, Ground
0.25 tsp	Cayenne Pepper, Ground
0.5 tsp	Salt
2 tbsp	Olive oil
1 tsp	Vinegar