



Garlicky Baby Broccoli

with Toasted Almonds



Baby Broccoli



Lemon



Parsley



Garlic



Slivered Almonds



Chilli Flakes
(Optional)

Prep in: **15 mins**
Ready in: **15 mins**

A green veggie side dish is often overlooked, but everyone will be coming back for more of this one! This baby broccoli is bursting with flavours - chilli, parsley, garlic and lemon all meld perfectly with this vibrant veg. Sprinkle over a few toasted almonds for crunch and there you have it - a new favourite side dish.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
baby broccoli	1 bunch
lemon	1
parsley	1 packet
garlic	2 cloves
slivered almonds	1 packet
chilli flakes (optional) 🌶️	pinch
butter*	20g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	730kJ (174cal)	211kJ (50cal)
Protein (g)	6.9g	2g
Fat, total (g)	12.6g	3.6g
- saturated (g)	1.3g	0.4g
Carbohydrate (g)	4.9g	1.4g
- sugars (g)	2.9g	0.8g
Sodium (mg)	19mg	5.5mg
Dietary Fibre (g)	4.8g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Halve any thicker stalks of **baby broccoli** lengthways. Zest **lemon** to get a pinch and slice into wedges. Finely chop **parsley** and **garlic**.



Bring it together

- Reduce heat to medium, then add the **butter**, **garlic**, **chilli flakes** (if using), **parsley**, **lemon zest** and a generous squeeze of **lemon juice**. Cook, tossing until fragrant, **1 minute**. Season with **salt** and **pepper**.



Cook the baby broccoli

- Heat a large frying pan over medium-high heat. Toast **almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli**, until tender, **5-6 minutes**.



Serve up

- Transfer garlicky baby broccoli to a serving plate.
- Garnish with toasted almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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