

Broccoli Palermo

Description

Steamed broccoli sauteed in garlic infused olive oil.

Ingredients

- 2 head Broccoli cut into florets (6 cups)
- 1/4 cup extra virgin olive oil
- 3 cloves sliced garlic
- 1 pinch red pepper flakes
- 1/2 tsp sea salt

Instructions

Steam broccoli until crisp/tender. Saute garlic for 1-2 minutes, do not allow garlic to burn. Add broccoli to hot oil/garlic mixture saute until broccoli is well coated in oil. Season with sea salt, serve.

Summary

Yield: 3

Source: Adapted original recipe from Jaime Alba

Prep Time: 20 minutes

Category: Vegetables

Cuisine: Italian

Tags: Olive oil, garlic, Broccoli