

# THIS MONTH, IT'S ALL ABOUT **BROCCOLI**

**Simple, Seasonal, Sensational!**

## **Did you know?**

One cup of broccoli provides more vitamin C than an orange - helping to boost your immune system, promote healthy skin, and speed up wound healing

## **Why we love it**

Broccoli is incredibly versatile - you can steam it, roast it, stir-fry it, or enjoy it raw in salads or as a crunchy snack



## **Fun fact**

Broccoli is actually a flower! If left unharvested, those green florets will bloom into small yellow flowers

**TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS' FAVOURITE TASTY BROCCOLI RECIPES!**

WE ONLY USE



FRESHUK BEEF



FRESHUK PORK



FREE RANGE EGGS

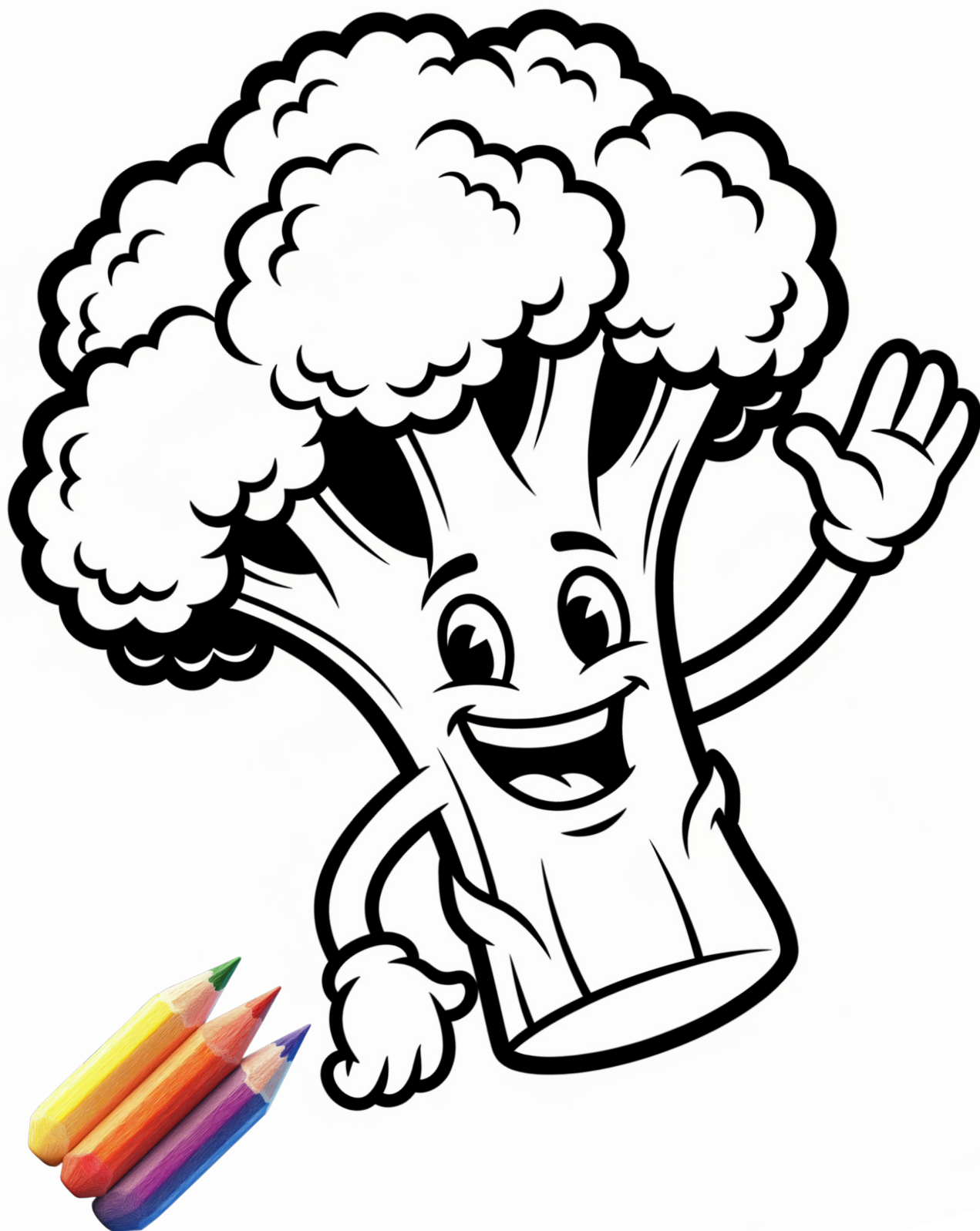


LOCAL FRUIT & VEG



WHOLE MEAL PASTA

**fresh ingredients**  **fresh food**



Colour me...

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# RECIPE

## CHEESY BROCCOLI PASTA BAKE

### INGREDIENTS

- Pasta (penne or fusilli) - 375g
- Broccoli (small florets) - 375g
- Milk - 375ml
- Cheddar cheese (grated) - 200g
- Plain flour - 37g
- Butter - 37g

### METHOD

1. Cook pasta in boiling water until just tender. Add broccoli for the final 3 minutes. Drain.
2. In a saucepan, melt butter, stir in flour, then slowly whisk in milk to make a smooth sauce.
3. Stir in grated cheese until melted.
4. Mix pasta and broccoli with cheese sauce.
5. Pour into a baking dish, top with extra cheese, and bake at 180°C for 20 minutes.

## PURPLE SPROUTING BROCCOLI STIR-FRY

### INGREDIENTS

- Purple sprouting broccoli - 500g
- Garlic (chopped) - 1 clove
- Soy sauce (reduced salt) - 25ml
- Sesame or vegetable oil - 25ml
- Spring onions (sliced) - 2 to 3

### METHOD

1. Heat oil in a large pan.
2. Add garlic and spring onions, stir-fry for 1-2 minutes.
3. Add broccoli and stir-fry for 5-7 minutes until tender but still crisp.
4. Drizzle with soy sauce and cook for another 2 minutes.
5. Serve hot with rice or noodles.



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# RECIPE

## BROCCOLI AND POTATO SOUP

### INGREDIENTS

- Broccoli (chopped) - 375g
- Potatoes (peeled and chopped) - 500g
- Onion (chopped) - ½ large
- Garlic - 1 clove
- Vegetable stock - 625ml
- Olive oil - 25ml

### METHOD

1. Sauté onion and garlic in oil until soft.
2. Add potatoes and stock, simmer for 15 minutes.
3. Add broccoli and cook for another 10 minutes.
4. Blend until smooth. Serve warm with crusty bread if desired.

## MINI BROCCOLI AND CHEESE QUICHES

### INGREDIENTS

- Broccoli (steamed and finely chopped) - 300g
- Eggs - 2.5 (use 2 large + 1 yolk)
- Milk - 200ml
- Grated cheese - 150g
- Shortcrust pastry - 500g

### METHOD

1. Preheat oven to 180°C. Line muffin tins or tart cases with pastry.
2. Place chopped broccoli and cheese in each case.
3. Beat eggs with milk and pour evenly into each.
4. Bake for 20-25 minutes until golden and set. Cool slightly before serving.



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# RECIPE

## BROCCOLI TOTS

### INGREDIENTS

- Broccoli (steamed and finely chopped) - 300g
- Grated cheddar - 100g
- Eggs - 1
- Breadcrumbs - 75g
- Garlic powder - ½ tsp

### METHOD

1. Preheat oven to 200°C.
2. Mix all ingredients in a bowl until combined.
3. Shape mixture into small oval tots.
4. Place on a baking tray lined with parchment.
5. Bake for 20-25 minutes, turning halfway, until golden and crisp.

## PURPLE SPROUTING BROCCOLI SALAD WITH ORZO

### INGREDIENTS

- Purple sprouting broccoli (blanched and chopped) - 375g
- Orzo pasta - 300g
- Cherry tomatoes (halved) - 100g
- Olive oil - 37ml
- Lemon juice - 25ml
- Grated parmesan (optional) - 50g

### METHOD

1. Cook orzo in boiling water, then drain and rinse with cold water.
2. Combine with broccoli and cherry tomatoes in a large bowl.
3. Drizzle with olive oil and lemon juice, stir gently.
4. Sprinkle with parmesan (if using) and serve chilled or at room temperature.



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