

Brilliant broccoli

Serves 4 to 6



Jamie's top tip

There are many ways to cook broccoli, but if you want to get the most out of it nutritionally, it's best to boil or steam it for just a few minutes, keeping it green and slightly crunchy. Remember, the stalk is just as good to eat as the florets, so don't waste it - chop it up and cook it too!

Ingredients

- sea salt and freshly ground black pepper
- 1 large head of broccoli
- a small knob of butter

Equipment list

- Large saucepan (25cm)
- Chopping board
- Knife
- Slotted spoon
- Colander
- Serving bowl



Here's how to make it

- 1** Fill a large pan with water, add a tiny pinch of salt and bring to the boil over a high heat.
- 2** Meanwhile, on a chopping board, cut the florets from the broccoli, then cut or break them into bite-sized pieces.
- 3** Trim and cut the stalk in half, then finely slice it.
- 4** Once boiling, use a slotted spoon to carefully lower the broccoli into the water.
- 5** Cook for 3 to 4 minutes, or until tender - you should be able to poke the tip of a knife easily into the florets.
- 6** Drain over the sink into a colander, then leave to steam dry for a minute.
- 7** Tip back into the pan, then sprinkle with a tiny pinch of salt and pepper.
- 8** Add the butter and toss to coat, then tip into a serving bowl and serve.

