

Broccoli with Lemon and Capers

This is a great way to cook broccoli, crisp and green and dressed with salty capers, golden garlic and spicy pepper flakes.

Prep Time: 5 Minutes.

Bake Time: 5 Minutes.

Ready in approx: 10 Minutes.



2	large garlic cloves, chopped	2
1	medium head broccoli (about 1-1/2 lbs), trimmed and cut into 2 inch florets	1
1 tbsp	capers, rinsed and drained	15 ml
3/4 tsp	kosher salt	4 ml
pinch	red-pepper flakes	pinch
1/4 cup	water	60 ml
1 tbsp	grated lemon zest	15 ml

Directions

- 1** Warm a large skillet over medium heat.
- 2** Add the garlic and cook, stirring, for 30 seconds.
- 3** Add the broccoli, capers, salt, red-pepper flakes and water.
- 4** Cover and steam until the broccoli is crisp-tender, about 4 minutes
- 5** Stir in the lemon zest and cook, uncovered, until the water evaporates, about 1 minute longer. Serve hot.

Information per serving:

K-Count: 0

Recipe courtesy of Kinetix