

Garlic Parmesan Roasted Broccoli

Season: Winter

Type: Side

Serves: 32 tastings

From the garden: Broccoli

Class focus: Mortar & pestle to pound the garlic,
cutting broccoli into florets



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Mortar & pestle x 1
Colander x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Baking tray x 2
Baking paper
Serving bowl x 5
Serving spoon x 5

Ingredients:

3 frozen broccolis (cut into florets)
2 cloves of garlic (see instructions below)
¼ cup breadcrumbs
¼ cup parmesan cheese
2 tablespoons olive oil
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Heat oven to 200C.
2. Wash the broccolis with warm water from the tap to help thaw them out slightly.
Dry/drain them well.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Put garlic in the mortar and pound to a smooth paste with the pestle.
5. Put all the ingredients in a large mixing bowl, stir until evenly coated.
6. Pour into lined baking trays, bake for 15 minutes or until edges are crispy.
7. Serve into 5 large serving bowls with a serving spoon in each.

For vegan / dairy intolerance option:

Bake the broccoli without parmesan cheese.

For gluten free option:

Bake the broccoli without breadcrumbs.