



# brilliant broccoli



Yields 2 servings



## ingredients

- 1 red onion, cubed
- 1 head broccoli, washed and cut into florets
- 2 cloves of garlic, minced
- optional: nutmeg and/or some fresh, lemon juice

## method

Take out a cooking pot. Put the chopped, red onion on the bottom first. Then, put in the broccoli florets and end with the minced garlic. Optional: add some nutmeg.

Start cooking without a lid on medium heat.

When steam starts to emerge, put the lid on. As soon as the lid becomes too hot to touch, turn the stove to low heat.

Cook for another 45 minutes or until the broccoli is soft. Optional: add some freshly, squeezed lemon juice when the broccoli has cooled down. This will give the broccoli a tangy touch.

Ready to serve!

TIPS: Toss in thinly sliced leek on top of the onion. Add diced tomatoes or bell peppers for the last 20 minutes of cooking.