

# Broccoli with Pangrattato

**Serves: 4**

**From the Garden:** broccoli, garlic, lemon

2 heads of broccoli  
 2 cloves of garlic  
 Juice of 1 lemon  
 Grated rind of 1 lemon  
 2 anchovy fillets  
 50ml extra virgin olive oil  
 Salt and black pepper  
 Optional: dried chilli, grated parmesan cheese

## **Pangrattato**

2 thick slices sourdough loaf  
 50 ml extra virgin olive oil

## **Equipment:**

Basic toolbox, chopping board, multi cooker, non-stick frying pan, food processor

## **Method:**

1. Fill multi-cooker 3/4 full of water and put on lid. Place on stove burner and put on high heat and bring water to boil.
2. Pour 50ml olive oil into frying pan. Place frying pan on stove burner and put on medium heat. Place breadcrumbs gently into pan. Stirring constantly and gently, with a wooden spoon, sauté the crumbs until they are crispy and are a golden colour. \* **Place the cooked breadcrumbs into a bowl lined with paper towel.**\* Allow to cool.
3. Wash the broccoli thoroughly and shake off excess water. Cut the broccoli florets off the stem. Then trim any leaves off the remaining stem and a slice from the bottom of the stem and discard. Chop the remaining stem into 5cm batons. Place broccoli pieces in a bowl.
4. Place the garlic cloves on a chopping board and flatten with the side of a large knife. This helps remove the dry skin, discard skin. Finely chop the garlic and place in a small bowl.
5. Place the anchovies on the chopping board and chop roughly. Place in small bowl.
6. Wash the lemon thoroughly and dry. Grate the rind of 1 lemon, collect the rind and place in small bowl. Then chop the lemon in half and using a juicer, squeeze all the juice into a small bowl. Discard any pips.
7. Put broccoli into top of steamer, put on lid. Place steamer onto bottom pan. Steam broccoli for about 3-4 minutes or until broccoli is just tender. \* **Remover steamer from stove\*** and place cooked broccoli back into a bowl.
8. Pour 50ml olive oil in frying pan. Place frying pan on stove burner on medium heat. Add garlic and anchovy fillets. Stirring constantly, with a wooden spoon, try to mash anchovy fillets in the oil until they dissolve. (If you wish to add dried chilli add a pinch at this stage). \***When the garlic is softened remove pan from heat.**\* Add the lemon juice and rind and stir to combine. Add the steamed broccoli and toss to combine.
9. Place in serving bowls and sprinkle with pangrattato. You can also add some shavings of parmesan cheese. Serve immediately.

Enjoy!

**Tasks within two \* \_\_\* means please get an adult to help.**

Recipe reference: created by Jacky Cronin, Wodonga West Primary School