



Broccolini with Chilli and Garlic Oil

The chilli and garlic oil here, can be used as a dressing for all kinds of vegetables and salads. For tips on how to check vegetables please check out the US website [here](#) [1].



INGREDIENTS:

Two large batches broccolini (about a kilo)

60 ml (1/4 cup) olive oil

2 cloves garlic finely sliced

1 red chilli finely slice (seeds removed, depending on how hot you can take it)

Salt

METHOD:

Bring 3 quarts water to boil in large saucepan. Stir in broccolini and salt and cook until tender, about 2 1/2 minutes. Drain broccolini and set aside.

Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge broccolini to stop the cooking process. Drain again.

Heat oil, garlic, and chili in small skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Store the broccolini and garlic oil separately until ready to serve, just before serving drizzle the broccolini with reserved oil. Season to taste with salt.



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Links

[1] <http://www.theus.org.uk/article/fruit-vegetable-checking>