



BROCCOLINI® baby broccoli Pesto Salad

Servings
6

Calories
340

Prep Time
10 minutes

Total Time
50 minutes

Skill Level
Medium

Ingredients

- 1 bunch Mann's BROCCOLINI® baby broccoli, (about 9 stalks)
- 10 fresh basil leaves
- ¼ cup grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 small garlic clove
- ½ cup extra virgin olive oil
- 1 pound fingerling potatoes
- 1 yellow onion
- 1 roasted red bell pepper, peeled and sliced lengthwise into ½-inch strips
- 1 ear of corn, kernels cut off
- 3 pieces thick cut bacon, cooked and broken into pieces
- ¼ cup finely grated Manchego cheese



The Method

Blanch the BROCCOLINI® baby broccoli by putting it into a large saucepan of boiling water for 30 seconds. Remove BROCCOLINI® baby broccoli and plunge into a large bowl of ice water to stop the cooking process. Keep the water boiling. Strain and pat dry with paper towels. Add the fingerling potatoes to the water and boil until tender, about 10 minutes. Drain and run under cold water until cool. Pat dry. Use a knife to slice potatoes in half lengthwise. Set aside.



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For the pesto, in a food processor add BROCCOLINI® baby broccoli, basil, Parmesan, salt, pepper, garlic, and olive oil. Pulse until all ingredients are blended together. Set aside.

Cut the onion into ½-inch slices. Heat a large sauté pan over medium-high and add oil to the pan. Add sliced onions and season with salt to taste. Sauté and stir occasionally with a wooden spoon until the onions begin to brown, about 8-10 minutes. Set aside.

In a large mixing bowl, add cooked fingerling potatoes, caramelized onions, peppers, corn, bacon, and half of the pesto. Toss to combine well and adjust seasoning with salt and pepper to taste.

Pile the salad on a serving platter and top with the remaining pesto and grated Manchego cheese. Serve immediately.

Nutrition Facts

Serving Size 209g | Servings: 6

Amount Per Serving

Calories 340 | Total Fat 25g (sat fat 6g trans 0g) | Cholesterol 15mg | Sodium 360mg | Total Carbohydrate 22g | Dietary Fiber 5g |
Sugars 4g | Protein 8g | Vitamin D 0% | Calcium 10% | Iron 6% | Potassium 10%