



# Charred BROCCOLINI® baby broccoli with Lemon and Pickled Garlic

**Servings**

4

**Calories**

140

**Prep Time**

8 hours

**Total Time**

8 hrs and 45 minutes

**Skill Level**

Difficult

## Ingredients

### *For Pickled Garlic:*

1 cup garlic cloves, peeled, cut in half if large

$\frac{2}{3}$  cup water

$\frac{1}{3}$  cup white vinegar

$\frac{1}{4}$  cup sugar

1  $\frac{1}{4}$  teaspoons kosher salt

$\frac{1}{2}$  teaspoon whole black peppercorns

$\frac{1}{2}$  teaspoon whole mustard seeds

$\frac{1}{2}$  teaspoon celery seeds

$\frac{1}{2}$  teaspoon crushed red pepper

2 bay leaves

### *For BROCCOLINI® baby broccoli:*

2 bunches MANN™ BROCCOLINI® baby broccoli (15-18 stalks)

2 tablespoons extra virgin olive oil

2 lemons, one halved; one cut into  $\frac{1}{8}$ -inch slices

$\frac{3}{4}$  teaspoon coarse sea salt

$\frac{1}{2}$  teaspoon freshly ground black pepper

$\frac{1}{4}$  teaspoon dried crushed red pepper

Pickled garlic, sliced thinly lengthwise to serve





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## The Method

### For Pickled Garlic:

Bring a small saucepan of water to a boil over high heat. Add garlic and cook for 3 minutes; drain. Transfer the garlic to a 2-cup glass canning jar (or other heatproof jar) with a tight-fitting lid.

Combine water, vinegar, sugar, salt, and spices in a small saucepan. Bring to a boil over high heat, stirring until the sugar and salt are dissolved. Pour the hot pickling solution into the jar. Let cool to room temperature. Cover and refrigerate for at least 8 hours before serving.

Keep refrigerated for up to one month.

### For BROCCOLINI® baby broccoli

Preheat broiler to high (a grill pan also works).

Place BROCCOLINI® baby broccoli in a medium bowl; drizzle with oil and juice of ½ a lemon. Sprinkle with salt and black and red peppers, tossing to coat. Add BROCCOLINI® baby broccoli to a sheet pan coated with cooking spray. Broil 5 minutes or until charred, turning once. Add lemon slices to the sheet pan and broil another 3 minutes or until charred. Arrange BROCCOLINI® baby broccoli and lemons on a platter. Top with additional red pepper, if desired, and pickled garlic.

### Nutrition Facts

Serving Size: 153g | Servings: 4

### Amount Per Serving

Calories 140 | Total Fat 7g (sat fat 1g trans 0g) | Cholesterol 0mg | Sodium 600mg | Total Carbohydrate 14g | Dietary Fiber 5g | Sugars 6g | Protein 4g | Vitamin D 10% | Calcium 6% | Iron 6% | Potassium 6%