Product Spotlight: Broccoli

Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.
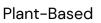
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Roast Broccoli Steaks
with Pecan & Olive Crumb

Charred broccoli steaks on an oven roasted tomato sauce with brown lentils and a savoury kalamata olive crumb.

Mix it up!

Transform this dish into a lentil salad instead if preferred! Cut the broccoli into florets instead and toss together with the roasted tomato and onion, lemon dressing and lentils.

30 minutes   4 servings   Plant-Based

23 November 2020

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	25g	12g

FROM YOUR BOX

RED ONION	3/4 *
TOMATOES	2
BROCCOLIS	2
RED CAPSICUM	1
PECANS	1 packet (80g)
KALAMATA OLIVES	1 tub (100g)
TINNED LENTILS	2 x 400g
LEMON	1/2 *

Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, cumin seeds (or ground cumin/coriander)

KEY UTENSILS

2 oven trays, frypan, stick mixer or blender

NOTES

Cut the broccoli into rough 1.5cm–2cm thick steaks. It's ok if some fall apart into florets or make smaller steaks!

1. ROAST TOMATO & ONION

Set oven to 220ºC.

Wedge onion and tomato. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15 minutes until tender (see step 4).

2. ROAST THE BROCCOLI

Slice the broccolis into steaks (see notes). Slice capsicum. Place on a lined oven tray and drizzle with **olive oil**. Sprinkle over **2 tsp cumin seeds, salt and pepper**. Roast in oven for 20 minutes until tender.

3. PREPARE THE TOPPING

Heat a frypan over medium heat. Chop and add pecans to toast for 3–4 minutes until golden. Take off heat. Rinse and chop olives. Stir through pecans and set aside.

4. BLEND THE SAUCE

Blend the roast onion and tomato with **1 tbsp olive oil** until smooth. Season with **salt and pepper** to taste.

5. FINISH AND PLATE

Spread even amount of sauce over plates. Drain and rinse lentils. Scatter over top along with with broccoli and capsicum. Sprinkle with olive and pecan topping. Serve with lemon wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**