

Stir fried Chilli Broccoli

(Serves 4)

Broccoli ... we know it's good for us - full of calcium, iron and vitamin C - but broccoli needs a little help to bring out its best qualities. It also needs to be bought and eaten when really fresh and crunchy. The Larder stocks locally grown, organic broccoli as well as the seasonal purple sprouting variety.

1. Bring a large pan of salted water to the boil.
2. Remove the toughest stalks from the broccoli and cut into bite size florets.
3. Cook the broccoli for a couple of minutes, remove, refresh under running cold water and drain well.
4. In a heavy frying pan, heat the oil.
5. Tip the broccoli into the hot oil, add the chilli and garlic and stir-fry for a couple of minutes.
6. Splash with the soy sauce, leave to cook down a little, then serve piping hot either on its own with crusty bread or as a side dish with meat or fish.

Recipe provided by www.cambridgecookeryschool.com

INGREDIENTS

- 1kg/2 lb 4 oz broccoli - standard or purple sprouting variety
- 2 tablespoons rapeseed or sunflower oil
- 1 fresh red chilli, seeded and finely sliced
- 1 garlic clove, finely sliced
- 2 tablespoons dark soy sauce