



BRINDISA
KITCHENS

Grilled broccoli, golden raisins,
pine nuts and chilli oil



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INGREDIENTS:

SERVES 4

300g tender stem broccoli
40g golden raisins
50g pine kernels
2 tbsp chilli oil
Olive oil
Pinch of salt

METHOD:

1. Place the golden raisins in a bowl and cover with boiling water, allow to hydrate overnight and drain.
2. Toast the pine nuts at 180 degrees for 5 minutes
3. Trim the broccoli stems on an angle but cut as little length off as possible.
4. Blanch the broccoli in salted boiling water for a minute.
5. Grill the broccoli until nicely toasted and cooked through.
6. Arrange broccoli on a serving plate.
7. Mix the pine nuts and raisins into the chilli oil and spoon over the broccoli and drizzle with olive oil.