

Fresh Ideas for Broccoli



STIR FRIED BROCCOLI IN OYSTER SAUCE

(Serves 4)

500g broccoli	½ cup chicken stock
2 tablespoons vegetable oil	1 teaspoon crushed ginger
½ cup bean sprouts	Cornflour to thicken
2 tablespoons oyster sauce	1 clove garlic crushed
1 tablespoon soy sauce	

- Cut broccoli into flowerets, blanch or microwave for 1–2 minutes.
- Saute garlic, ginger, bean sprouts, and broccoli for 1 minute.
- Combine oyster sauce, soy sauce, chicken stock, add to saute mix. Simmer over low heat. To thicken add cornflour (combined with water) and bring to the boil. Ready to serve.

ANOTHER FRESH IDEA

Broccoli is great in quick Chinese soups. 2 minute noodles are a great base, just add sauteed onions, bacon, 2–3 cups broccoli, soy sauce and any other vegies in the fridge. Cook for 10–15 minutes and serve.

HANDY HINTS

- Broccoli sauteed in lemon butter is delicious.
- Sprinkle with lemon pepper and microwave.
- Steam or microwave broccoli with strips of capsicum.
- Nutritionally broccoli is a good source of Vitamin A, C and dietary fibre.

PREPARED BY QUEENSLAND FRUIT & VEGETABLE GROWERS.