

Broccoli Tabouli

1 large broccoli
4 spring onions finely sliced
1 bunch of parsley chopped
1 bunch of mint chopped
1/4 cup of pumpkin seeds
1/4 cup pistachio nuts
1/4 cup goji berries
Juice from a lime or lemon
Pepper & Herbamare

Rice the broccoli in a food processor.
Combine the broccoli in a large bowl with
the remaining ingredients and mix well.
This is fabulous served over roasted
sweet potato.

Broccoli Mash

1 broccoli
½ tsp Herbamare
½ teaspoon of pepper
Half an avocado

Roughly chop the broccoli and steam
until tender.
Place in a bowl with the avocado,
Herbamare and pepper.
Mash using a potato masher, stick
blender or food processor until mashed
the way you like it.
Add nutritional yeast for a
cheesy flavour.



Broccoli Curry Soup

1 broccoli roughly chopped
1 onion roughly diced
1 teaspoon curry powder
1 teaspoon cumin
2 garlic cloves crushed
piece of ginger peeled & chopped
½ tsp Herbamare
1 x 400g can 'light' coconut milk

Put all ingredients except coconut milk
in a saucepan with 1/4 cup water
and cover.

Gently simmer until broccoli is tender.
Add coconut milk.

Use a Bamix or blend in food processor
until smooth and creamy.

Roasted Broccoli

1 broccoli cut into florets
Herbamare & pepper to taste

Onion powder optional
Garlic powder optional

Preheat oven to 180C.
Place florets on a tray lined with
baking paper.

Sprinkle with seasonings.
Roast until crispy and tender

Serve warm or toss through a salad.