

Roasted Broccoli, Lemon and Chilli Salad



Method

1. Turn on the oven to 200 degrees Celcius.
2. Prepare a ceramic baking dish.
3. Wash and cut the broccoli into smaller heads, the size you would use for a stir fry.
4. To prepare the lemon, cut the 'cheeks' of the lemon and very thinly slice (1-2mm slices) the cheeks so the rind is included. *Alternatively, you can cut the lemon into normal segments, cut slice in to 5mm slices and cut the flesh away from the rind so you just have the flesh only and don't include the rind.*
5. Cut the chillies in half. Remove the seeds if you don't want any heat or leave in if you want some heat. Slice thinly (2-3mm) segments.
6. Place the broccoli, lemon and chilli in the ceramic dish, drizzle a little olive oil, add plenty of pepper and a little salt and toss to combine together.
7. Squeeze lemon juice from the remaining lemon over the dish.
8. Place in the oven and bake.
9. After 10 minutes remove, toss once again and check for browning on the edges of the broccoli.
10. Bake for another 5 minutes and remove. Broccoli should be just browned on the edges and still have a good fresh crunch to it.

VEGETARIAN

PREP. TIME	15
COOKING TIME	15 min
SERVES	6

INGREDIENTS

2 heads of broccoli
1 Lemon
200g feta
2 large red chillies (not the very hot ones, the larger variety)
250g sugar snap peas
1 bunch of mint leaves
Olive oil
Salt and Pepper

EQUIPMENT

Ceramic baking dish
Knife
Chopping board
Tongs



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11. While the broccoli is cooling wash the 3-4 sprigs of mint and remove the ends from the sugar snap peas and then cut the peas diagonally into 2.5cm – 3cm long segments.
 12. While the dish is warm add the sugar snap peas and the mint leaves.
 13. As the final step crumble the vegan feta over the top, drizzle over a little more olive oil and the dish is complete.

Serving Suggestion

The dish can be served warm or refrigerated. The acidity of the lemon and the creaminess of the feta make it great either way.

