

Roasted Broccoli and Bacon

Ingredients

750g broccoli

5 garlic cloves (crushed))

4 slices bacon cut into bite-size pieces

2 tablespoons extra virgin olive oil avocado oil, melted ghee, or melted lard

salt

black pepper

Juice from 1 lemon or 2 tablespoons aged balsamic vinegar

Method

1. Heat the oven to 200C with the rack in the middle. Line a rimmed baking sheet with greeseproof paper.
2. Cut up the broccoli into florets.
3. Grab a large bowl and toss the broccoli, bacon, garlic cloves, olive oil, salt and pepper.
4. Spread the broccoli and bacon in a single layer on the rimmed baking sheet.
5. Pop the tray in the oven for 30-35 minutes, rotating the tray and stirring the contents at the halfway point. The dish is done when the broccoli florets are nicely browned and the bacon is fully cooked.
6. To finish the dish, squeeze on the juice from one lemon or drizzle on some aged balsamic vinegar!