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Spicy Chile and Garlic Broccoli



Crushed red pepper brings the heat in this Spicy Chile and Garlic Broccoli recipe. Serve this healthy side with lean beef or chicken for a well-rounded and delicious meal.

Yield: Serves 6 (serving size: 2/3 cup)



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Ingredients

12 ounces broccoli florets (5 cups raw)
2 tablespoons extra-virgin olive oil
1 ½ teaspoons crushed red pepper
4 garlic cloves, sliced
1 tablespoon fresh lemon juice
1 teaspoon grated lemon rind
¼ teaspoon kosher salt

Directions

Step 1

Arrange broccoli in a steamer. Steam, covered, 4 minutes or until crisp-tender. Place broccoli in a large bowl.

Step 2

Heat a skillet over medium-high heat. Add olive oil, crushed red pepper, and sliced garlic; cook 2 minutes. Add lemon juice. Pour over broccoli. Sprinkle with lemon rind and kosher salt.

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