

Simple and Satisfying Broccoli



Recipe courtesy of Melissa d'Arabian

Show: Ten Dollar Dinners Episode: Melissa's 4-Step Fish



Level: Easy

Total: 20 min

Prep: 10 min

Cook: 10 min

Yield: 4 servings

Ingredients:

- 1 head broccoli
- 1/4 cup water
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1/2 teaspoon crushed red pepper flakes
- Kosher salt and freshly ground black pepper

Directions:

Trim the woody skin off the broccoli stem and slice the broccoli into nice long "trees". In a large saucepan, mix the water, olive oil, garlic, red pepper flakes, salt, and pepper. Bring to a boil over high heat. Add the broccoli and cover to steam. After 3 minutes, turn off the heat, and allow the broccoli to sit for another couple of minutes. Toss to coat and serve.

