

EASY



STEAMY

DREAMY



**BROCCOLINI**<sup>®</sup>



**WEEKNIGHT DINNERS**



THE ONE AND ONLY  
**Broccolini**<sup>®</sup>

### **ABOUT BROCCOLINI<sup>®</sup>**

The perfect weeknight easy, steamy, dreamy green veg, Broccolini<sup>®</sup>, grows year round with consistent quality and flavour.

Genuine trademarked Broccolini<sup>®</sup> is a varietal cross between broccoli and Chinese kale. It has a mild, peppery sweet flavour and it's completely edible, from its tender stems to delicate tips - so there's nothing to cut, nothing to waste! It is not ordinary broccoli picked early. While there are copycat products available, only Broccolini<sup>®</sup> has its distinct, unique taste with a peppery edge.

### **NO PREP, COOKED IN MINUTES!**

The easiest and fastest vegetable to consume makes this no-waste veggie the ideal veg for weeknight meals. No preparation required, just rinse, shake gently and cook. Versatile veg - delicious roasted, stir-fried, steamed, microwaved, barbecued or even eaten raw! Perfect in any cuisine!



# BROCCOLINI® WITH HONEY SOY BEEF HOKKIEN NOODLES



**SERVES**

4



**PREP TIME**

5 mins



**COOK TIME**

10 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

1 bunch Broccolini®  
150g sugar snap peas  
1 ½ tbs peanut or vegetable oil  
500g beef stir-fry strips  
175g sachet Honey Soy stir-fry sauce  
500g hokkien noodles

## STEP BY STEP INSTRUCTIONS

1. Heat a large wok over high heat until very hot. Add 1 teaspoon of the oil and swirl to coat the wok. Add one third of the beef and stir-fry for about 30 seconds, or until just sealed. Remove to a plate. Repeat with remaining beef in two batches.
2. Add remaining oil with the Broccolini® and Sugar Snap Peas. Stir-fry for 1 minute. Add 2 tsp of water, cover with a lid and cook, shaking the wok often for 45 seconds or until bright green.
3. Remove the cover and add the stir-fry sauce and noodles. Bring to the boil, stirring often. Return the beef to the wok and stir-fry until combined. Serve.





# SAUTÉED BROCCOLINI® WITH COCONUT LIME DRESSING



**SERVES**

4



**PREP TIME**

5 mins



**COOK TIME**

9 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

2 bunches Broccolini®  
2 tbs shredded coconut  
1 tbs olive oil

### Coconut Lime Dressing

½ cup coconut water  
1 lime, juiced  
2 tbs fish sauce  
2 tbs white sugar  
1 tbs fresh ginger, grated  
2 tbs sweet chilli sauce

## STEP BY STEP INSTRUCTIONS

1. For the dressing; combine all the ingredients in a small saucepan. Bring to a boil then simmer for 5 minutes until reduced by half. Refrigerate to cool.
2. Place the shredded coconut into a large non-stick pan over medium heat, cook, shaking the pan until light golden. Remove to a plate.
3. Increase heat to high. Add the oil to the hot pan. Wash the Broccolini® and add to the pan with water still clinging. Shake to combine, cover and cook for 1 – 2 minutes without removing the lid. Remove the lid and shake pan for 1-2 minutes until the Broccolini® is bright green and tender.
4. Pour over the dressing, sprinkle with shredded coconut and serve.



Delicious served as a side to pan fried fish or chicken.





# BROCCOLINI® & TERIYAKI BEEF



**SERVES**

4



**PREP TIME**

5



**COOK TIME**

10 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

1 bunch Broccolini®  
125g Minicaps® baby capsicums  
1 ½ tbs peanut or vegetable oil  
500g beef stir-fry strips  
175g sachet teriyaki stir-fry sauce  
1½ cup roasted salted cashews  
Cooked jasmine rice, to serve

## STEP BY STEP INSTRUCTIONS

1. Heat a large wok over high heat until very hot. Add 1 teaspoon of the oil and swirl to coat the wok. Add one third of the beef and stir-fry for about 30 seconds, or until just sealed. Remove to a plate. Repeat with remaining beef in two batches.
2. Add remaining oil with the Broccolini® and stir-fry for 1 minute. Add 2 teaspoons of water, cover with a lid and cook for 45 seconds or until bright green. Remove the cover, add the Minicaps® and stir-fry 30 seconds.
3. Add the stir-fry sauce and bring to the boil, stirring often. Add the cashews and return the beef to the wok. Stir-fry until combined. Serve with rice.





# MIDDLE EASTERN BROCCOLINI® SCHNITTY



**SERVES**

4



**PREP TIME**

10 mins



**COOK TIME**

15 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

- 2 bunches Broccolini®
- 1 lemon, cut into wedges
- 2 tbs olive oil
- 2 tbs Harissa Middle Eastern Spice Blend, Baharat Spice Rub or Sumac
- 2-3 tbs vegetable oil
- 4 pieces crumbed chicken, veal or pork schnitzel
- 80g soft feta
- 2 tbs pine nuts, toasted
- ½ cup mint leaves

## STEP BY STEP INSTRUCTIONS

1. Preheat oven to 220°C fan forced. Arrange Broccolini® and lemon wedges in a large roasting pan. Drizzle with olive oil, sprinkle with spice and turn to coat. Roast for 10-15 minutes until tender.
2. Meanwhile, heat the vegetable oil in a non-stick frying pan over medium heat. Cook the schnitzel, in batches, for 3-4 minutes each side or until golden. Remove to a wire rack to drain. Cover loosely to keep warm while cooking remaining schnitzel.
3. Remove the Broccolini® from the oven. Crumble over the feta and scatter with pine nuts and mint. Slice the schnitzel crossways into pieces and arrange over the Broccolini®. Squeeze over the roasted lemon and serve.





# BROCCOLINI® & SPICED FISH TACOS



**SERVES**

5



**PREP TIME**

25 mins



**COOK TIME**

8 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

1 bunch Broccolini®  
750g white fish fillets (Such as ling, flathead)  
40g sachet fajita seasoning  
vegetable oil, for cooking  
10 mini flour tortillas, warmed to serve  
¼ cup chipotle mayonnaise  
lime wedges, to serve

### Qukes®, Tomato And Avocado Salsa

4 Qukes® baby cucumbers, diced  
2 Truss tomatoes, diced  
1 large avocado, diced  
2 tbs sliced jalapenos, drained, chopped  
1 lime, juiced

## STEP BY STEP INSTRUCTIONS

1. To make the salsa, combine all the ingredients in a bowl.
2. Cut the fish into thin 8cm long strips. Sprinkle the seasoning over the fish, turning to coat. Rinse the Broccolini®, with the water clinging place into a snap lock bag. Microwave for 1 ½ - 2 minutes on high until bright green and just tender. Drain. Cut each Broccolini® stem in half lengthways. Keep warm.
3. Heat enough oil to cover the base of a large, non-stick frying pan over a medium-high heat. Cook the fish in batches, turning occasionally, for 3 minutes, or until the fish is cooked through.
4. To serve, spread tortillas with mayonnaise. Top with Broccolini®, fish and salsa. Serve with lime.





# EASY BROCCOLINI® & SWEET POTATO LAKSA



**SERVES**

4



**PREP TIME**

8 mins



**COOK TIME**

18 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

- 1 bunch Broccolini®
- 2 Minicaps® baby capsicums
- 1 tbs vegetable oil
- 3-4 tbs store-bought laksa paste
- 2 cups chicken stock
- 2 x 400ml can coconut milk
- 600g (2 medium) sweet potatoes, peeled, chopped
- 2 tbs fish sauce
- 2 tbs lime juice
- 2 tbs brown sugar
- 200g rice stick noodles
- 1 cup coriander leaves
- 1 cup bean sprouts
- Fried shallots & lime wedges, to serve

## STEP BY STEP INSTRUCTIONS

1. Heat the oil in a large wok over medium heat. Add the laksa paste and cook, stirring for 1 minute. Add the stock, coconut milk and sweet potato. Bring to simmer, cover and cook for 10 minutes or until sweet potato is tender.
2. Remove the lid. Add the Broccolini® and cook for a further 2 minutes or until bright green and tender. Combine the fish sauce, lime juice and sugar and stir into the laksa, cook for 1 minute.
3. Meanwhile, cover the noodles with boiling water and stand for 3 minutes until softened. Drain and divide the noodles between bowls. Spoon over the soup. Top with coriander, Minicaps®, bean sprouts and shallots. Serve with lime.







# ONE PAN MEXICAN-STYLE BEEF & BROCCOLINI® RICE



**SERVES**

4-5



**PREP TIME**

15 mins



**COOK TIME**

30 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

1 bunch Broccolini®  
100g Minicaps® baby capsicums  
1 tbs olive oil  
1 brown onion, finely chopped  
2 tbs fajita seasoning  
500g beef mince  
1 ¼ cups white long-grain rice, rinsed  
2 ½ cups chicken stock  
400g can black beans, drained, rinsed  
1 fresh corn, kernels removed  
½ cup plain Greek-style yoghurt  
1 avocado, diced  
½ cup fresh coriander sprigs  
Lime wedges, to serve

## STEP BY STEP INSTRUCTIONS

1. Heat oil in a large, heavy-based frying pan over medium heat. Add onion and cook, stirring occasionally for 4 minutes or until softened. Add seasoning and cook for 30 seconds. Add the mince and cook, breaking up lumps with a wooden spoon until browned.
2. Stir in the rice. Cook, stirring, for 1 minute. Add the Minicaps® and stock and bring to a boil. Reduce heat to low and cover with lid. Simmer for 15 minutes. Stir in Broccolini®, black beans, corn and extra ½ of cup stock or water if needed. Cover, and cook a further 3 minutes or until rice is tender and liquid is absorbed.
3. Fluff rice with a fork to separate grains.
4. Top rice with yoghurt, avocado and coriander. Serve with lime wedges.





# ONE PAN BROCCOLINI® CAPRESE CHICKEN



**SERVES**

4



**PREP TIME**

15 mins



**COOK TIME**

40 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

1 bunch Broccolini®  
1 tsp smoked paprika  
6 skinless chicken thigh fillets, trimmed  
3 tbs olive oil  
1 brown onion, finely chopped  
2 garlic cloves, crushed  
1 tbs balsamic vinegar  
1 tbs brown sugar  
400g can cherry tomatoes  
8 traditional bocconcini  
½ cup parsley leaves  
Chargrilled garlic bread slices, to serve



## STEP BY STEP INSTRUCTIONS

1. Sprinkle paprika, salt and pepper over both sides of the chicken. Heat 1 tbs oil in an ovenproof frying pan over medium-high heat. Cook the chicken in batches for 3-4 minutes or until browned. Transfer to a plate.
2. Reduce the heat to medium. Add remaining oil, onions and garlic to the pan. Cook, stirring for 2 minutes. Add vinegar and sugar and cook, stirring for 2 minutes until slightly reduced. Add the can of cherry tomatoes and bring to a simmer. Return the chicken to the pan.
3. Press a piece of baking paper onto the surface of the pan and cover with a lid. Cook on medium-low for 10 minutes. Add olives and Broccolini® and return the baking paper to the surface to cover. Cook for 3-4 minutes until Broccolini® is bright green. Remove the cover.
4. Preheat grill on medium-high. Scatter bocconcini over the chicken. Grill for 3-4 minutes until cheese softened. Scatter over parsley. Serve with garlic bread.



If you don't have an oven proof frying pan, complete steps 1-3 in a frying pan. For step 4, transfer to an overproof dish.



Delicious served over pasta or mashed potatoes.



# SPANISH STYLE CHICKEN & BROCCOLINI® TRAY BAKE



**SERVES**

4



**PREP TIME**

15 mins



**COOK TIME**

40 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

2 bunches Broccolini®  
175g Minicaps® baby capsicums  
1 red onion, cut into wedges  
3 tbs olive oil  
2 tsp smoked paprika  
2 tsp ground cumin  
2 garlic cloves, crushed  
2 tbs tomato puree  
6-8 chicken thigh cutlets, skin on (bone in)  
8 thyme sprigs, optional  
Couscous & lemon wedges, to serve

## STEP BY STEP INSTRUCTIONS

1. Preheat oven to 200°C fan forced. Arrange Broccolini®, Minicaps® and onion in a large greased roasting pan. Combine 2 tablespoons oil, 1 teaspoon paprika and 1 teaspoon cumin and spoon over the vegetables. Turn to coat.
2. Score each piece of chicken twice. Combine the remaining oil, paprika and cumin with garlic and tomato puree in a large bowl. Add the chicken and mix until well coated. Place skin side up over the vegetables and scatter over the thyme. Roast for 30-40 minutes or until chicken is cooked through (insert a skewer into the centre, if the juices run clear the chicken is cooked). Serve with couscous and lemon wedges.



Chicken thigh cutlets can range in size so depending on who you are feeding you may use 4 large or 6-8 smaller ones. You can use skinless chicken thigh cutlets too.





# CHARGRILLED BROCCOLINI® & PARSLEY PESTO WITH PAPPARDELLE



**SERVES**

4



**PREP TIME**

20 mins



**COOK TIME**

20 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

- 1 bunch Broccolini®
- 2 cups flat-leaf parsley leaves
- 2 small garlic cloves, crushed
- 1 lemon, rind finely grated, juiced
- 1/3 cup pine nuts, toasted
- 1/3 cup olive oil
- 1/4 cup finely grated parmesan
- 400g pappardelle

## STEP BY STEP INSTRUCTIONS

1. Place the parsley, garlic, lemon rind and 2 tablespoons of pine nuts into a food processor. Process until finely chopped. Transfer to a bowl, add 1/4 cup of olive oil, parmesan and 1 tablespoon of lemon juice. Season and set aside.
2. Preheat a chargrill pan over high heat. Brush the Broccolini® with remaining olive oil and season well. Chargrill, turning for 6-8 minutes or until tender and just charred. Cover to keep warm.
3. Meanwhile cook the pasta in a large saucepan of salted boiling water for 10 minutes or until al dente. Drain, reserving 1/2 cup of the cooking liquid. Return the pasta to the saucepan with most of the pesto. Add enough reserved liquid to adjust the consistency, toss over low heat to combine.
4. Divide pasta between serving plates, top with Broccolini®, scatter over remaining pine nuts and extra parmesan. Serve with remaining pesto.





# ONE PAN GREEK-STYLE ROAST CHICKEN & BROCCOLINI®



**SERVES**

4



**PREP TIME**

10 mins



**COOK TIME**

60 mins



**COURSE**

Main



**DIFFICULTY**

Easy

## INGREDIENTS LIST

- 1 bunch Broccolini®
- 200g Solanato® Tomatoes
- 700g washed potatoes, cut into 1cm-thick rounds
- 3 tbs olive oil
- 1.8kg whole chicken, cleaned
- 2 lemons, cut into wedges
- 3 garlic cloves, crushed
- 2 tsp dried oregano

## STEP BY STEP INSTRUCTIONS

1. Preheat oven 200°C fan forced. Arrange Broccolini®, tomatoes and potatoes in a large greased roasting pan. Drizzle over 2 tablespoons oil, season. Turn to coat.
2. Place the chicken, breast-side down, on a clean board. Use kitchen scissors to cut along each side of the backbone to remove. Turn chicken over. Use the heel of your hand to press down on the breastbone to flatten. Pat skin dry with paper towel. Place the chicken skin side up over the vegetables.
3. Squeeze juice from 2 lemon quarters into a bowl. Add garlic, oregano and remaining oil. Spoon over the chicken and vegetables. Season well. Add the remaining lemon wedges to the pan. Roast for 50-60 minutes or until chicken is golden and cooked through (see tip). Cut or pull the chicken into pieces.
4. Serve with the vegetables and pan juices.



To check if the chicken is cooked through, insert a skewer into the thigh, just under the leg, if the juices run clear the chicken is cooked through.