



SPICY BROCCOLI

SERVES 4

Don't worry, this isn't very spicy. A small amount of red pepper flakes or cayenne can add flavor without a lot of heat.

- 2 large stalks broccoli
- sea salt, to taste
- 2 tablespoons olive oil
- 1 large garlic clove
- ¼ teaspoon red pepper flakes

Cut broccoli into 1/2-inch pieces / florets. Steam until crisp and tender, then drain and salt. Heat oil on low with garlic and pepper a few minutes. Add broccoli, toss, and heat.



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