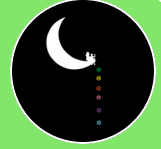


Panko Broccoli



Recipe by: moongardens.org

Ingredients

- * 2 heads fresh broccoli
- * 4 1/2 tbs. olive oil
- * 2 garlic cloves, minced
- * 1/2 cup panko (Japanese style bread crumbs)
- * 1 tbs. lemon juice
- * Salt and pepper to taste



Directions

1. Preheat oven to 400
2. Remove the large broccoli stalk.
3. Cut the broccoli pieces in half lengthwise up to the florets, pulling the stems apart but leaving florets in-tact.
4. Place parchment paper on a baking sheet. Lay out florets and drizzle with 3 tablespoons of olive oil, approximately 1/2 teaspoon salt and 1/4 teaspoon pepper. Toss well, spread into one layer. Roast for 15 minutes until crisp but still tender and the edges start to brown.
5. While broccoli is roasting, in a small pan over medium-low heat, heat 1 1/2 tablespoons of olive oil, add the garlic, and cook for 1 minute, until fragrant but not browned. Add the panko, tossing to coat. Cook over medium-low heat for 3 to 4 minutes, until the panko is golden brown, stirring occasionally.
6. Place the broccoli in a serving bowl and add the lemon juice, and panko mixture. Then toss well. Adjust salt and pepper. Serve hot, warm, or at room temperature.

Get Creative

Add more lemon juice

Use regular bread crumbs instead of panko

For any comments or suggested ingredients for upcoming recipes, please email us at info@moongardens.org