

## Broccoli recipes

### Purple sprouting broccoli and goats cheese tart – serves 6

*This is a lovely way to prepare purple sprouting broccoli, it's worth the effort as it tastes great! We always treat ourselves to an extra special goat's cheese to add that little bit extra to this dish.*

**Preparation Time:** - 30 minutes minutes.

**Cooking Time:** - Approx. 30 minutes.

*You will need an 8in/20cm flan ring for this dish.*

**Ingredients:-** 9oz/250g purple sprouting broccoli, 2 goats' cheeses, sheet ready-made pastry of your choice (a fast cheat! But you can make your own if you prefer), 150ml/¼ pt double cream, 150ml/¼ pt milk, 2 eggs, Salt, pepper and nutmeg to season

**Instructions:-** On a lightly floured surface roll out the pastry and line the flan ring. Chill the pastry for approximately 15 minutes – this will minimise shrinking. Pre-heat the oven to gas mark 6/200C/200F. Line the tart shell with baking parchment, fill with baking beans and bake the pastry case blind until it is firm. This will take approx 8-10 minutes. Then remove the baking parchment and beans and continue baking until the pastry is golden.

Meanwhile blanch the broccoli in boiling water for a few minutes until tender, then drain and refresh in very cold water. Trim the stalks and some of the outside leaves from the broccoli. Place in a blender with the milk, cream and eggs and liquidize. Then sieve the mixture into a bowl and season with the salt, pepper and nutmeg to taste. Cut the goats' cheeses into cubes and chop the remaining broccoli. Place in the pastry case and pour over the egg mixture. Then bake in the oven at gas mark 4/180C/350F for approx 25 minutes or until the tart has set.

**Handy Hint:-** *This makes a lovely starter for a dinner party or just an extra special dish for an evening meal during the week. Its lovely served warm with a side salad and some home made salad dressing and fresh crusty bread. You can also serve this tart cold and put it in lunch boxes –yummy!*

### Creamy Broccoli and Mushroom Pasta - Serves 2

*This is a really simple, healthy, low fat dish. A great mid-week meal as its quick to prepare.*

**Preparation Time:-** Approx 15 minutes.

**Cooking Time:-** Approx 10-12 minutes.

**Ingredients:-** 12oz/350g pasta (whichever shape you prefer!), 9oz/250g broccoli 1 tbsp olive oil, 1 onion (finely chopped), 9oz/250g mushrooms, 7floz/200ml carton of crème fraiche (low fat for the really healthy option!), 1 tbsp wholegrain mustard

**Instructions:-** Cook the pasta in boiling water for approximately 10-12 minutes until tender. Either add the broccoli to the pasta for the last few minutes or steam it separately. Drain when cooked and return the pasta and broccoli to the pan.

Whilst the pasta is cooking heat the oil in a frying pan and fry the onions until they are softened and beginning to brown. Then add the mushrooms and cook for about 5 minutes until tender. Then stir in the crème fraiche and mustard to make a sauce and then add to the pasta and broccoli and stir well. Serve immediately.

**Handy Hint:-** Chicken also makes a lovely addition to this dish, you will need to increase the cooking times.