

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S BROCCOLI & ASPARAGUS ON RYE

 **Prep: 5 minutes**

 **Cook: 10 minutes**

 **Serves: 2**

INGREDIENTS:

- 8 small heads of long stem broccoli
- 8 asparagus spears
- 4 slices rye bread
- 2 garlic cloves
- Drizzle olive oil
- Juice of 1 lemon
- Freshly ground black pepper
- Pinch LoSalt

METHOD:

1. Start by steaming the broccoli heads and asparagus for 3-4 mins until tender.
2. Meanwhile, toast the rye bread and chop the garlic cloves.
3. Once the vegetables have been steamed, heat a drizzle of olive oil in a large, non-stick frying pan and add the chopped garlic and the vegetables.
4. Add some freshly ground black pepper and a pinch of LoSalt.
5. Saute for 2-3 mins.
6. Pop the vegetables on top of the toasted rye, making sure you get all the scrummy bits of garlic out of the pan.
7. Drizzle with fresh lemon juice and serve – Delicious!!