



ROASTED BROCCOLI

**Bread
n Butter**
nourishing skills

Broccoli is such a delicious vegetable and this recipe in our opinion is a fail proof way of getting children eating their greens! Many have said it tastes like Chinese seaweed!

WHAT YOU NEED

INGREDIENTS

- 1 head broccoli
- 3 tbsps. olive oil
- 2 tbsps. balsamic vinegar
- A good pinch of salt & pepper

METHOD

- 1** Break up the florets of the broccoli and spread them onto a baking tray and drizzle over the olive oil, balsamic vinegar and seasoning

- 2** With your hands or a big spoon mix the ingredients together ensuring that the broccoli is coated in the olive oil mixture

- 3** Place on a baking sheet and roast for 15 mins.