

Shallot Ginger Broccoli & or Cauliflower

Serves: 6

Ingredients

1 large bunch broccoli or head cauliflower (you can use a combination of the two).

Wash and divide into flowerets, peel and slice stems

1 large shallot chopped

1 tsp salt

fresh crated pepper

1 tbsp curry powder or turmeric

1 tbsp fresh grated ginger

good dash of olive oil

Instructions

1. Combine salt, curry and fresh cracked pepper.
2. Put the broccoli in a bowl, add shallot and ginger and toss.
3. Add salt & curry mixture and toss, drizzle with olive oil and toss.
4. Bake in 400 oven for 15-20 minutes until crisp tender.

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