

Buttery Broccolini

4 ingredients · 10 minutes · 2 servings



Directions

1. In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
2. Add the butter and season with salt and pepper. Toss well and sautee for an additional 2 minutes.
3. Remove the broccolini from the pan, divide onto plates and enjoy!

Notes

More Flavour

Add lemon juice, lemon zest, garlic and/or spices in step 2.

Dairy-Free

Use coconut oil, olive oil or avocado oil instead of butter.

No Broccolini

Use broccoli or rapini instead.

Leftovers

Refrigerate in an airtight container for 3 to 5 days.

Ingredients

1 bunch Broccolini (trimmed and stems sliced)

1/2 cup Water

2 tbsps Butter

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	157	Vitamin D	0IU
Fat	13g	Vitamin E	6mg
Carbs	7g	Thiamine	0.4mg
Fiber	6g	Riboflavin	0.3mg
Sugar	1g	Niacin	4mg
Protein	8g	Vitamin B6	0.5mg
Cholesterol	31mg	Folate	155µg
Sodium	126mg	Vitamin B12	0µg
Potassium	753mg	Phosphorous	182mg
Vitamin A	10260IU	Magnesium	60mg
Vitamin C	81mg	Zinc	1mg
Calcium	267mg	Selenium	3µg
Iron	3mg		