

Broccoli spread

Description

Creamy spread made with broccoli and almonds



Yield

1 batch of 1'000 g



Scheduling

Preparation: 10 minutes



Nutritional values (100 g or 100 ml)

energy: 632 kJ/151 kcal;
fat: 12.3 g, of which saturated 1.3 g;
carbohydrates: 4.7 g, of which sugars 3.9 g;
protein: 5.1 g; salt 0.4 g

Ingredients

Broccoli spread (1'000 g)

750 g broccoli, blanched

150 g almonds, sliced and roasted

30 g lime juice, fresh

45 g olive oil

20 g maple syrup

4 g table salt

1 g ground black pepper

Production

1

Preparing the ingredients

Wash the broccoli and cut into florets. Blanch in boiling water for 3–4 minutes, then drain well.
Roast the sliced almonds over medium heat until golden brown. Then leave to cool.
Juice the fresh limes and measure out the required amount of lime juice.

2

Blending all ingredients

Place the blanched broccoli, roasted almonds, lime juice, olive oil, maple syrup, salt and pepper into a tall container. Process with a hand blender or in a powerful blender to a smooth, creamy mixture. Season again with salt and pepper to taste if needed.

3

Storage

Pour the finished spread into clean, sealable containers.
Can be stored in the refrigerator at a maximum temperature of 5°C for up to 5 days.