



CHEESY BROCCOLI MELTS WITH PROVOLONE, PARMESAN, AND ARUGULA

FAST. EASY. FRESH.

1. Start by bringing a small pan with about an inch of salted water to a boil. Then, chop your **broccoli** florets into 2-inch segments and finely chop the stems.

2. Place the **broccoli** into the boiling water, cover with a lid, and boil/steam for 2 minutes. Drain well, and then chop into small bite-sized pieces. Peel and mince your **garlic**.

3. Wipe out the same pan that you cooked your broccoli in and then place over medium heat. Add 1 Tbsp. **olive oil** and let it warm up for about a minute. Add the **garlic** and half the **red pepper flakes** and cook until the garlic just begins to turn golden. Add the **broccoli** and cook for 1-2 minutes longer seasoning with **salt** to taste.

4. Transfer the mixture to a bowl and then season with the zest and juice from your **lemon** to taste (about ¼ of the lemon's worth for each) and stir in the **parmesan**.

5. Turn the broiler in your oven on. Place the **bun** halves on a baking tray cut side up and scoop the **broccoli mixture** evenly onto each one. Lay a slice of **provolone** over and then place the baking tray under the broiler for about 2-3 minutes until the cheese is melted (make sure to keep a close eye on them so they don't burn!). Sprinkle more **red pepper flakes** on top if desired.

6. Meanwhile, dice your **tomato** and place it, and the **arugula** in a bowl. Drizzle with the remaining 1 Tbsp. **olive oil**, a squeeze of **lemon juice** and season well with **salt** and **pepper**. Toss to combine. To serve, place the broccoli melts onto dishes and serve alongside the arugula salad. Enjoy!



Ingredients (2 Person Serving – 590 Calories Per Serving)

Broccoli	½ Head	Provolone	4 Slices
Olive Oil	2 Tbsp.	Brioche Buns	2
Garlic	2 Cloves	Arugula	60 g
Red Pepper Flakes	¼ tsp.	Tomato	1
Lemon	1	Salt and Pepper	To Taste
Parmesan	¼ Cup		

30 Minute Cook Time!