



The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

BROCCOLINI & CARROTS WITH PAPRIKA, ALMONDS & GARLIC

Thank you to fruitguys.com for this recipe and bonappetit.com for the picture

Ingredients

Serves 4

- 3 tablespoons of coconut oil
- ½ cup whole almonds, coarsely chopped.
- 2 medium carrots, cut into thin sticks
- 2 large garlic cloves, chopped
- 1 ½ teaspoons paprika
- ½ teaspoon rock salt
- 1 large bunch broccolini, rinsed, stalks cut into 5cm lengths
- 1/3 cup water
- 1 to 2 teaspoons Sherry wine vinegar (or balsamic vinegar)





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Method

Heat 1 tablespoon coconut oil in heavy pan over medium high heat. Add almonds. Stir until lightly browned, 2 to 3 minutes.

Add garlic and paprika.

Sprinkle with coarse salt and sauté for 1 minute. Transfer to small bowl.

Add remaining 2 tablespoons oil to pan. Add carrot and broccolini. Sprinkle with salt.

Add 1/3 cup water and cover and boil until the broccolini is “crisp- tender” and still bright green (4 minutes).

Remove pan from heat, pour off any excess water and stir in almond mixture.

Season to taste with coarse salt and freshly ground black pepper.

Mix in 1 to 2 teaspoons vinegar.

Transfer salad to bowl and serve.

Enjoy!

Jane

