Fresh Vegetable

SICILIAN BROCCOLI



Ref: BRO-03

Italian name: Broccoli Siciliani

Weight order: 4-5 kg

Description: from Sicily, broccoli has large flower heads, usually green in color, arranged in a tree-like structure on branches sprouting from a thick, edible stalk. The mass of flower heads is surrounded by leaves.

It is high in vitamin C and dietary fiber; it also contains multiple nutrients with potent anti-cancer properties, such as diindolylmethane and small amounts of selenium

Season: from August to March

Serving suggestion: Cook and drizzle with olive oil or melted butter or a handful of grated parmesan; add to a cheesy pasta bake; stir-fry in groundnut oil with chopped garlic and dry fried cashews, adding a drizzle of sesame oil to the pan just before cooking ends.

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