

# Charred Broccoli with Anchovies & Lemon



*Broccoli takes on a whole new flavor when it gets charred and crispy in this side dish with a simple to make pan sauce!*

<b>YIELD</b> <b>5 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>40 MIN</b>
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## INGREDIENTS

1.5 lb.	Broccoli
2 Tbsp	Olive or Canola Oil
1 each	Lemon, zested and juiced
¼ tsp	Black Pepper, freshly ground
3-4 each	Anchovies, canned
½ cup	Chicken or Turkey Stock, homemade or unsalted
3 Tbsp	Butter, unsalted

## CHEF'S NOTES

Don't let the anchovies in this recipe scare you away! They melt down and become undetectable, leaving just their umami-rich flavor behind. Because they are also naturally salty, we don't need to add extra salt to get big bold flavor in this dish.

When you are using lemon juice, think about adding the zest, too – the rind is where you'll find the essential oils for the brightest citrus flavor!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 425°F. Place a sheet tray in the oven while it preheats (getting the pan hot first will reduce the cooking time).
2. Prepare the broccoli by slicing straight through the broccoli stem as close to the crown of florets as possible. The crown should naturally break into several large florets that you can then cut down into more manageable chunks. "Square off" the stem by cutting around the heart to create 4 flat sides, discarding the tough exterior. Dice interior chunks comparable to the size of your florets.
3. Add the cut broccoli to a large bowl and drizzle with the oil, add the lemon zest and the pepper. Toss to coat the broccoli evenly.
4. Carefully remove the hot pan from the oven and spread the broccoli out evenly, then return to the oven and roast until the broccoli is a deep brown color with some charred bits, about 20 minutes. Use tongs to toss and rearrange the broccoli halfway through for even cooking. You can also use the broiler for the last 5 minutes, if needed, to get more charring.
5. While the broccoli is roasting, prepare your sauce. Preheat a cast iron or heavy-duty stainless-steel pan over medium heat. Add the anchovies and cook, stirring and mashing with a spoon or spatula until they sizzle and disintegrate into a paste. Continue to cook until dark brown and toasty. Remove from the heat and move to cool burner.

6. Add the stock and return to medium heat; bring to a simmer and allow to reduce to about half the volume. Add the butter and stir until melted and well combined.

7. Remove the broccoli from the oven and transfer to a serving plate. Sprinkle with the lemon juice and drizzle the anchovy sauce over before serving.

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving Size</b>	<b>1/2 cup (179 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value *</b>	
<b>Total Fat 6g</b>	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol less than 5 mgmg</b>	<b>0%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 10g</b>	<b>4%</b>
Dietary Fiber 4g	<b>13%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 5g</b>	<b>10%</b>
Vitamin D 0.06mcg	0%
Calcium 70mg	6%
Iron 1mg	7%
Potassium 500mg	10%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

