



Free Recipe Purple sprouting broccoli everything

Description

Purple sprouting broccoli everything

[Banzai Japan](#)
[Aoi Hoshi MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Fruit and vegetables

2 garlic cloves, peeled, crushed lightly with the side of a knife and left whole

½ lemon, juice only

200g/7oz purple sprouting broccoli, trimmed

Tins, packets and jars

3 anchovy fillets, chopped (optional)

pinch dried chilli flakes

Cooking ingredients

sea salt and freshly ground black pepper

2 tbsp extra virgin olive oil

1 tbsp vegetable oil, for frying

Dairy, eggs and chilled

2 free-range eggs

Other

2 large slices ciabatta, toasted

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<https://www.youtube.com/watch?v=Bs7ghOFruVw&t=1s>

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Shopping List

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https://www.youtube.com/watch?v=uy_17iD3TK4&t=44s
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Date Created

March 29, 2024

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