

# The Best Broccoli of Your Life, Three Different Ways

As featured on [The Amateur Gourmet Show](#)

By Adam Roberts

Version One:

## Roasted Broccoli with Garlic, Toasted Almonds, Parmesan, and Lemon

Adapted from Ina Garten

### Ingredients

- 4 to 5 pounds broccoli, cut into florets
- 5 Tbs olive oil, plus more for drizzling
- 1 1/2 tsps kosher salt
- 1/2 tsp freshly ground black pepper
- 4 cloves garlic, thinly sliced
- 1/2 cup slivered almonds
- 1 lemon
- 1/3 cup freshly grated Parmesan
- Aleppo pepper (optional)

### Instructions

1. Preheat the oven to 425.
2. Wash and dry your broccoli very well (optional: don't wash the broccoli at all...on the theory that the oven will kill any germs)! But don't tell anyone I said that. The point is you want it very dry.
3. Toss the broccoli well with the olive oil, the salt, pepper, and garlic. Place on a cookie sheet and roast for 20 to 25 minutes, tossing every so often with a spatula, until the florets are golden brown and crispy.
4. Meanwhile, place the slivered almonds on a quarter sheet tray and place in the oven with the broccoli. Monitor it very carefully – they'll start to turn golden in 2 to 3 minutes. Don't let them burn! Remove and set aside, seasoning with kosher salt.

5. Remove the broccoli from the oven; drizzle on some extra olive oil, lemon zest, lemon juice, and the Parmesan. Sprinkle with the toasted almonds and Aleppo pepper and serve right away.

**Version Two:**

## **Roasted Broccoli with Fish Sauce, Chilies, Mint, and Cilantro**

Adapted from David Chang

### **Ingredients**

- 4 to 5 pounds broccoli, cut into florets
- 5 Tbs olive oil or neutral oil
- 1 1/2 tsps kosher salt
- 1/2 cup fish sauce (I like Red Boat)
- 1/4 cup water
- 2 tablespoons rice wine vinegar
- Juice of 1 lime
- 1/4 cup sugar
- 1 garlic clove, minced
- 1 to 3 red chilies (I used Fresno), thinly sliced or chopped
- 1/4 cup finely chopped cilantro stems, plus leaves reserved for garnish
- 1/3 cup fresh mint (optional)
- Sesame seeds (optional)

### **Instructions**

1. Preheat the oven to 425.
2. Wash and dry your broccoli very well (optional: don't wash the broccoli at all...on the theory that the oven will kill any germs)! But don't tell anyone I said that. The point is you want it very dry.
3. Toss the broccoli well with the oil and the salt. Place on a cookie sheet and roast for 20 to 25 minutes, tossing every so often with a spatula, until the florets are golden brown and crispy.
4. Meanwhile, whisk together the fish sauce, the water, the rice wine vinegar, the lime juice, sugar, garlic, chilies, and cilantro stems. When the broccoli comes

out of the oven, immediately toss in the dressing and allow to sit for a few minutes to absorb.

5. To plate, scoop on to a platter and garnish with some chopped cilantro leaves, mint, and sesame seeds.

**Version Three:**

## **Roasted Broccoli with Cherry Tomatoes, Red Onion, Lemon, and Feta**

Adapted from Yasmin Fahr

### **Ingredients**

- 4 to 5 pounds broccoli, cut into florets
- 1 pint cherry tomatoes (preferably a variety of colors)
- 1 small red onion, peeled and cut into wedges
- 1 lemon, sliced thinly, seeds removed
- 5 tablespoons olive oil
- 1 tablespoon cumin seeds
- ½ teaspoon red chili flakes
- 1 6-ounce block Greek Feta (try to buy a whole block rather than pre-crumbled; best if it says “imported”)
- ½ cup fresh basil

### **Instructions**

1. Preheat the oven to 425.
2. Wash and dry your broccoli very well (optional: don't wash the broccoli at all...on the theory that the oven will kill any germs)! But don't tell anyone I said that. The point is you want it very dry.
3. Toss the broccoli together with the cherry tomatoes, red onion wedges, lemon slices, olive oil, cumin seeds, and chili flakes.
4. Place on a cookie sheet and roast for 20 to 25 minutes. Halfway through, check to see if the broccoli is getting color; when it is, toss with a spatula and sprinkle all over with the Feta. Continue to roast until the Feta is melted and the vegetables all have some color and are cooked through.
5. Scoop on to a serving platter and garnish with fresh basil leaves.