

CHEERS

tops!

BROCCOLI TONNATO WITH FRIED CAPERS, ROCKET & SUNFLOWER SEEDS

INGREDIENTS:

- 1 cup sunflower oil
- 50 g capers
- 2 heads (± 650 g) broccoli, or 800 g long-stemmed broccoli
- 3 Tbsp extra-virgin olive oil
- Juice and grated zest of 1 lemon
- Salt and black pepper, to taste
- 150 g edamame beans or peas (optional)
- 100 g asparagus (optional)
- 1–1¼ cups Tonnato sauce ([Click here to see recipe](#))
- Maldon salt, to taste
- 30 g sunflower seeds, toasted
- 40 g rocket

METHOD

1. Heat the oil in a wok over medium-high heat. When hot, deep-fry the capers for about 3 minutes, or until crispy. Remove the crispy capers with a slotted spoon and drain on paper towel.
2. If using heads of broccoli, cut the heads into florets, using as much stem as you can shape into the floret.

3. Bring a large pot of water to a boil and blanch the broccoli for 3–5 minutes (and no longer!). Have a large bowl of iced water at the ready. Use a slotted spoon to remove the broccoli florets from the boiling water and place them into their cold bath, thereby arresting the cooking process. Drain the broccoli in a colander. In a large bowl, toss the broccoli with 2 tablespoons of the olive oil and season with a good squeeze of lemon juice, salt and black pepper.

4. If using, the edamame beans require only a brief submerging, 20 seconds, in the blanching pot, and the asparagus no more than 1 minute. Each green needs an iced water baptism to arrest the cooking process and retain the vibrant green hue.

5. To plate, spread the Tonnato sauce on a platter or serving plate, leaving a border large enough to frame your dish (and send a message about the delicious sauce beneath the greens). Arrange the broccoli on top of the Tonnato sauce and layer with the blanched edamame beans and asparagus, if using. Sprinkle the lemon juice and zest over the salad. Drizzle with the remaining olive oil and season with Maldon salt and freshly ground black pepper.

6. Sprinkle the salad with the fried capers and toasted sunflower seeds. Arrange the rocket leaves in a heap on top of the salad so that you can still see all the lovely greens beneath.
Serves 6 with broccoli only or 8 with the other greens