

Sauteed Broccolini



INGREDIENTS

- 1 bunch sprouting broccoli, trimmed, halved lengthwise if thick
- 3 garlic cloves, thinly sliced
- 2 tbsp evoo
- 2 tbsp water
- 2 tsp lemon juice
- red pepper flakes
- sea salt & black pepper

INSTRUCTIONS

1. Heat the evoo in a large skillet that has a lid (if you don't have a lid and baking sheet will work) over medium high heat. Add the garlic and a pinch of red pepper flakes and cook until just golden (30 seconds - 1 minute), then add broccoli season with salt and pepper to taste and toss.
2. Cook mixing everything occasionally for 2 minutes. Add the water, cover, reduce the heat to medium low and cook for an additional 3 minutes or until tender.
3. Remove from the heat, toss with lemon juice, season to taste and serve.