

Sautéed Broccoli

Ingredients:

Broccoli
Olive Oil
Garlic
Salt
Pepper
Nutmeg, freshly ground

Preparation:

Cook small Broccoli pieces in a stockpot with boiling salted water for about 5 minutes. They should still be crunchy.

Pour the water out and place the broccoli in a bowl with ice water to stop the cooking and to preserve the green color.

Heat olive oil in a skillet, slightly brown the chopped Garlic and add the Broccoli, sauté for another 5 minutes.

Season with salt, pepper, and nutmeg.