

5g ⌚ 15 m | Easy

Butter-fried broccoli

Ready to give your boring steamed broccoli a make-over? Two words, butter, and onions! Fry up the broccoli in butter, add scallions and capers if you want a little extra flavor. Serve with eggs, meat or any kind of fish. Voilà, your perfect low-carb vegetable side dish.



4 Servings

Ingredients

1 lb (5 cups) broccoli
2 oz. butter or olive oil
5 (2 $\frac{2}{3}$ oz.) scallions
salt and pepper

Instructions

- 1 Prepare the veggies. Peel the stem if it is rough and cut the broccoli into small florets, including the stem. Slice the scallions into small pieces.
- 2 Melt the butter in a large frying pan on medium-high heat. Add the broccoli and scallions. Sauté for 5 minutes until it got some color. Season with salt and pepper.

Tip!

Try this simple, buttery transformation with Brussels sprouts, asparagus, or zucchini. And go ahead and mix in some sliced mushrooms if that sounds yummy!

The air fryer method works best for 2 servings of this recipe.

Air fryer method

Follow step 1 of the recipe. Then melt the butter and toss it with the broccoli florets and scallions.

Place the veggies in the air fryer basket for 8-10 minutes until crispy. Season with salt and pepper to taste.