



Six Easy Ways with bellaverde®

1. **Balsamic and pine nut bellaverde® broccoli** – Wash and lightly trim a **200g pack of bellaverde® spears**, then boil or steam for 3 mins. Meanwhile, heat **1 tbsp olive oil** in a frying pan, add **3 tbsp pine nuts** and stir until golden. Set aside. Add **90ml/6 tbsp balsamic vinegar** and simmer to reduce by half. Drain the bellaverde®, then add to the frying pan, add the pine nuts and toss until coated. Delicious served with grilled chicken or fish.
2. **Pesto Spaghetti with bellaverde®** - Cook **350g spaghetti** in a large pan of boiling salted water for 7 mins. Wash and lightly trim a **200g pack of bellaverde® broccoli** and cut the spears in half. Add to the spaghetti pan and cook for a further 3 mins. Drain the spaghetti and bellaverde and return to the pan. Add **6 tbsp pesto sauce** and toss well. Serve with Parmesan.
3. **Bellaverde® Gratin** – Wash and lightly trim a **200g pack of bellaverde® broccoli** then boil or steam for 3 mins. Place in a gratin dish. Heat a **(300g) tub ready made cheese sauce** according to pack instructions, then pour over the bellaverde®. Crumble over **25g grated Cheddar cheese**. Pop under a hot grill until the cheese melts and serve immediately as a vegetable accompaniment.
4. **Bellaverde® Broccoli with Warm Seed Dressing** – Wash and lightly trim a **200g pack of bellaverde® broccoli** then boil or steam for 3 mins. Whilst this cooks, in a small pan, toast **2 tbsp each sesame, sunflower and pumpkin seeds** in **2tbsp sesame oil** until the seeds are golden. Drain the bellaverde®, return to the pan, then pour over the seeds, the juice of half a lemon and seasoning. Delicious served hot or cold with a wedge of crusty bread.
5. **Bellaverde® Broccoli with Soft Boiled Eggs** – Wash and lightly trim a **200g pack of bellaverde® broccoli** then boil or steam for 3 mins. Place **2 eggs per person** in a medium pan, cover with water and bring to the boil. Boil for 3½ mins, then lift the eggs from the water and place in egg cups. Stand the cups on plates then surround with the bellaverde® spears. Cut the tops off the eggs and dip the bellaverde® into the egg yolks – a delicious and nutritious brunch recipe.

6. Barbecued Bellaverde® Broccoli – Bellaverde® broccoli makes a healthy colourful addition to summer barbecues. Take a **(200g) pack bellaverde® broccoli**, wash and lightly trim the end of each spear. In a large bowl, whisk together **1 tbsp water, 2 tbsp olive oil** and a little **salt and ground black pepper**. Add the bellaverde® and toss until broccoli florets are coated. Cook over hot barbecue coals for 6-8mins, turning once or twice until the stems are just tender and lightly charred.

For more recipe ideas and information visit www.bellaverde.co.uk (launching soon).