

PURPLE SPROUTING BROCOLI ANCHOVY AND PARMESAN

Cookbooth

INGREDIENTS

20 MINUTES 2 SERVINGS

- 6 anchovies
- 50 ml extra virgin olive oil
- 2 Eggs
- 10 ml white wine vinegar
- 20 g shaved Parmesan
- 250 g purple sprouting broccoli
- 2 sprigs of parsley
- 1 slice of bread

TAGS

#anchovies #brócoli #parmesan #psb #salad



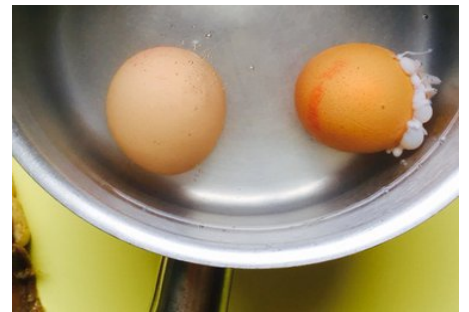
1

Gather your ingredients



2

Cross the broccoli on the base of each stem. This will ensure that the stems are cooked at the same time as the delicate fronds



3

Cook the eggs in boiling water for 8 minutes





4

Cook the broccoli in boiling salted water and refresh in cold water once the broccoli is cooked.



5



6

Chop the anchovies



7

Peel and grate the eggs



8

Mix the eggs, vinegar, olive oil and chopped anchovies



9

Pat the broccoli dry on kitchen paper. Season it well and arrange on a plate.





10

Add herbs to the dressing. Toast the bread and using a hand blender blend the bread to bread crumbs. Toast the crumbs until they are crisp and golden. Using a peeler shave the Parmesan into thin shavings



11

Finally dress the broccoli be seriously generous with the dressing. Finish it off with the Parmesan and bread crumbs. Enjoy

