

313 MAIN STREET
AMES, IA 50010
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M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



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Charred Broccolini with Garlic-Caper Sauce

Serves 2-3 – Easy Difficulty – Total Time: 15 minutes – Hands-on Time: 15 minutes

It's hard to believe so much comes from such a simple recipe, but broccolini with just a few ingredients makes for a salty, savory side with bold flavor.

1 tbsp canola, grapeseed, or peanut oil
2 garlic cloves, sliced paper thin
2 tsp salt-packed capers, rinsed
1/4 tsp red pepper flakes
1 tbsp unsalted butter
1 1/2 lb/550 g broccolini, ends trimmed
Pinch of kosher salt

Heat the oil in a large frying pan over high heat until wisps come off the surface. Add the garlic, capers, and red pepper flakes and cook just until fragrant, about 30 seconds. Immediately add the butter and cook until melted and slightly browned.

Add the broccolini and a pinch of kosher salt and toss to coat. Cover the pan and cook, shaking the pan every 30 seconds so nothing sticks, until the broccolini is charred and knife-tender, 5 to 7 minutes.

Carefully remove the cover and add enough water to just coat the bottom of the pan. Shake the pan around to coat the broccolini and serve immediately.

Recipe Notes:

Takeaway: How to pan-roast a vegetable.

Goes well with: A creamy main or a roasted meat.

After washing the broccolini, be sure to dry thoroughly so it can char well.

Riff: This same method would work well with broccoli, cauliflower, haricots verts, green beans, or asparagus.