SPANISH · SIDE

Spanish Seared Garlic Broccoli

Brócoli al ajo

20 min · Serves 4 · 99 kcal a serve · Video 7:55 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Only 5 g net carbs a serve and a big dose of vitamin C and vitamin K from seared broccoli with garlic and olive oil, with no butter or cheese.

Diet notes: Keto (5.2 g net carbs a serve); Low saturated fat (0.9 g, 8% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 6 · SERVES 4

- [ ] 1 head **fresh broccoli**, cut into even, medium florets
- [ ] 2 tbsp (30 ml) extra **virgin olive oil**
- [ ] 4 **garlic** cloves, roughly minced
- [ ] 60 ml **vegetable broth** (or water)
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] **lemon wedges**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the broccoli into even florets through the stems, rinse 1–2 minutes under cold water, then pat completely dry on a cloth so it sears instead of steaming. 1:00
2. Heat a large dry pan over medium-high heat for 3–4 minutes, then add 2 tbsp olive oil and the florets and toss to coat. 2:58
3. Spread the broccoli in a single layer and leave it untouched for 2 minutes to sear, then turn the florets and sear 2 minutes more. 4:07
4. Stir in the garlic for about 30 seconds, then add the broth, season, cover and simmer on medium heat 3–4 minutes until the broth is absorbed and a toothpick goes in easily. 4:42
5. Serve with lemon wedges. 6:14

> **Tip** Drying the florets well is what gives them a crusty sear. Water works instead of broth and keeps it lower in sodium.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
99 kcal	**3.1 g**	**7.9 g**	**2.7 g**	**7.2 g**	**460 mg**
420 kJ	6% of a day	5.2 g net · 1.9 g sugars	10% of a day	0.9 g saturated	20% of a day
		3% of a day		9% of a day	

Energy from net carbs 21% · protein 13% · fat 66% — fits keto: 5.2 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Vitamin C 101% · Vitamin K 88%

Source of (10–19%) Folate 16% · Vitamin B6 13% · Vitamin E 12%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=tQy52WhfvE4. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/brocoli-al-ajo