

# BROCCOLI NAPOLITAINE

No. of Pax – 04

<b>Ingredients</b>	<b>Qty.</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>
Broccoli	400 gms.	11.2	0.8	28
Seasoning	As Reqd.	N/A	N/A	N/A
Olive Oil	30 ml.	Nil	30	Nil
Tomato	200 gms.	1.8	0.4	7.2
Garlic	15 gms.	0.945	0.015	4.47
Onion	30 gms.	0.36	0.03	3.33
Marjoram	.5 gms.	N/A	N/A	N/A
Basil	.5 gms.	N/A	N/A	N/A
Bay-leaf	1 no.	N/A	N/A	N/A
Clove	1 pc.	N/A	N/A	N/A
Parmesan Cheese	100 gms.	38	29	4.1
Total		52.305	60.245	47.1

**Total Nutritive Value** - **159.65gms.**

**Total Calorific Value** - **939.825kcal**

## PROCEDURE

1. Cut broccoli into florets and par boil and shock.
2. Blanch tomato, de-skin, de-seed and chop the flesh finely.
3. In a pan take olive oil and add very finely chop garlic, bay leaf, marjoram, basil and clove and sauté.
4. Add finely chop onion and cook till onion become soft.
5. Add chopped blanched tomato flesh and cook till the raw flavour of tomato goes off.
6. Prepare a smooth sauce with proper seasoning (salt, black pepper powder, sugar {optional}).
7. Place par-boiled broccoli on the serving plate and pour the sauce.
8. Cover nicely with grated cheese and bake till golden brown & serve hot with fresh fried basil leaf as garnish.

**COLOUR** - Red & White

**TEXTURE** - Well cooked broccoli and a smooth sauce.