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THE INTERNATIONAL CENTRE

Grilled Ontario Broccoli, Onion, Pine Nut & Lemon Salad

Chef Tawfik's
RECIPE
★★★★★

INGREDIENTS

1 Large Head Ontario Broccoli	3 Tbsp (45ml) Pine nuts
1 Lemon, zested and juiced	2 Cloves Garlic, minced
1 Large Cooking Onion, peeled – keeping as much of the root end intact as possible	150ml Olive oil, divided Kosher salt and freshly ground black pepper



30 MINUTES



SERVES 4

DIRECTIONS

1. Bring a large pot of salted water to a rolling boil. Prepare an ice bath and have it nearby.
2. Preheat the oven to 325°F (160°C)
3. Preheat the grill to medium-high
4. Trim the bottom one inch of the broccoli stem and discard. Using a sharp paring knife or a peeler remove tough outer layer from the remaining stem, up to where the florets begin. Cut broccoli into 8 “wedges.”
5. Blanch the broccoli in the boiling water for 15–20 seconds until bright green, remove and plunge in the ice bath. Drain when cool.
6. In a bowl mix 3 Tbsp (45ml) of the olive oil with the minced garlic. Add broccoli, a few turns of a pepper mill and toss to coat.
7. Place pine nuts on an oven proof pie tin or in a small frying pan and toast in the oven until golden brown, about 15–20 minutes, stirring every 5 minutes or so. Remove from the oven and let cool.
8. Cut the onion into 8–10 wedges (depending on the size of the onion), cutting through the root end to ensure the wedges stay intact.
9. Using tongs, shake any excess oil from the broccoli and grill. While the broccoli is on the grill toss the onion wedges in the same bowl to coat with oil and grill.
10. Wipe out the bowl. Add the lemon zest, the pine nuts, half the remain olive oil and half the lemon juice. As the broccoli and onions are ready (nicely grill marked-some char is a good thing), add to the bowl and toss. Check the seasoning and acid balance and adjust if needed.
- 11) Divide among for plates or serve on a platter for sharing

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INSTRUCTIONS FOR RECIPE CARD

1. Print on 8.5" by 11" cardstock paper.
2. Cut along the dotted line using scissors.