

# Vegetable Main Dish Recipes Vol. 3 Broccoli is the Super-vegetable!

Broccoli belongs to the brassica family of plants, which also includes cabbage, kale, and other wild green and yellow vegetables. It's rich in nutrients like protein, iron, and magnesium. When you picture broccoli, you probably think about eating just the buds on top, but you can eat the stems, too; in fact, eat the whole thing, since the stems have even more nutrition.

BY Makiko Hei

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## Packed with nutrients

Bright, dark-green broccoli has plenty of vitamin C, which enhances immunity, helps you recover from fatigue, and prevents colds. It also contains a lot of beta-carotene, an antioxidant that prevents LDL cholesterol from building up and oxidizing in blood vessels, and this can keep you from getting arteriosclerosis. In addition, it has significantly more protein than other vegetables. Since it contains vitamin B2, which promotes fat metabolism, and vitamin B6, which changes protein to amino acid to build muscles, broccoli is a strong ally for those who are watching their diet and working out to get stronger.

## Preparing broccoli for cooking

### Soak it in water for a while to remove dirt

The buds on broccoli are coated with water-resistant fats and oils secreted by the plant, so a quick rinse in running water doesn't thoroughly clean this vegetable. If you soak it in water for about an hour, you can remove hidden dirt and any insects. If you don't have that much time to spare, at least cut it into florets and soak it for 10 minutes or so.

## Tips for cutting broccoli

When cutting a broccoli into pieces, if you start cutting

from the top, the buds fall apart. Cut into the stem only, then use the knife or your hands to separate the parts. This not only makes the pieces more pleasing to the eye, but also keeps the buds from going all over the place!

## Vary the cooking time and experiment with different textures

When you eat broccoli in a salad, we recommend boiling it "al dente" (on the firm side), but if you are serving it as a source with pasta, boil it a little longer and make it a bit softer. This helps it mix in better with the noodles and creates a different texture. This issue features two recipes for broccoli, so you can try it both hard and soft.



## Broccoli One Pot Pasta (2 servings) Cook time: 20 minutes

Easy to cook in one pot!

A satisfying meal with less pasta, because the broccoli is so filling.

### [Ingredients]

240g broccoli

160g pasta (spaghetti or your favorite short pasta)

3 tablespoons (45g) fresh cream

4 tablespoons (30g) parmesan cheese (grated)

10g butter

Boiling water for pasta as needed (enough to fully cover the pasta)

Add salt to the water as needed (about 0.8% of the volume of water, or 1.5 teaspoons per liter)

Coarsely ground black pepper to taste

One-quarter lemon per serving

Salt to taste



### [How to cook]

1. Cut little broccoli florets off the head. Peel the stems, and dice them into 1cm cubes.
2. Bring water to a boil, add 0.8% salt, add pasta and broccoli, and boil for 2 minutes less than the indicated boiling time of the pasta, stirring occasionally.
3. Pour off boiling water, leaving a small amount at the bottom of the pot.
4. Put the pot on medium heat, add the cream and parmesan cheese, and stir with a spatula, mashing the broccoli. Turn off the heat, add butter, and mix. Taste and add salt as needed. Place on a serving dish, season with black pepper. Drizzle lemon juice over the dish, and you're ready to eat!



### Tips

- If you make a large quantity, short pasta such as fusilli, etc. is easier to cook. It's also a great side dish when serving meat or fish.
- The pasta in the photo is 1.9mm spaghetti with 12 minutes of boiling time. Choose spaghetti, which requires longer boiling time, if you want to make the broccoli softer.
- You can add the lemon juice to the pot before serving.



# Broccoli and Boiled Egg Salad with Soymilk Mayonnaise

(4~5 servings) Cook time: 20 minutes

A light, healthy dish with soymilk mayonnaise. Of course, you can use regular mayonnaise, too.

## [Ingredients]

300g broccoli  
 4 eggs  
 30g minced pickles  
 Minced parsley to taste  
 Salt and pepper to taste  
 ★ 5 tablespoons soymilk mayonnaise  
 (see directions below for soymilk mayonnaise)  
 50g Soymilk  
 100g rice oil (or canola oil, etc.)  
 1 tablespoon rice vinegar (or white wine vinegar)  
 Half teaspoon salt  
 2 teaspoons honey  
 Pepper to taste  
 2 teaspoons mustard



## [How to Cook]

1. Cut broccoli into bite-sized pieces. Remove tough parts of stems and cut the rest into pieces. Boil 1 liter of water, add a tablespoon of salt, and put in the broccoli. Boil for 1 minute and 30 seconds, then put the boiled broccoli in to a strainer basket to drain, and let it cool down. (You don't have to boil it again, and do not rinse it or you will water down the flavor. The broccoli will continue to cook even as it cools down; that's why the boiling time is so short.)
2. Place cold eggs into boiling water for 10 minutes, then cool in cold water. Remove shells and cut each egg into 4 pieces.
3. Put all prepared ingredients into a bowl, dress them with soy mayonnaise, and add salt and pepper to taste.



## ★ Soymilk mayonnaise (for about 200cc) [cooking time: 10 minutes]

Put everything in a jar and mix with a handy blender until it emulsifies.

\* Make sure the jar is tall enough, so the ingredients don't overflow when you put the blender in.

\* You can store this in the refrigerator for about 2 weeks.

## Profile

### Makiko Hei

She runs a vegetable cooking school a "vege vege vege\*" (Meguro, Tokyo)

HP: <https://vege3.jp/>

Instagram: <https://www.instagram.com/makichanshokudo/>

\* The school teaches a careful approach to preparing of vegetables in ways to create glamorous vegetable dishes, with the motto "Love vegetables, make delicious daily meals."

