

Grilled broccoli with **Seaweed and peanut tartare**



2 people

20 min preparation time

15 min cooking time

All ingredients

1 jar of 100g la belle-iloise Brittany seaweed Tartare
1 bunch of broccoli
1 handful of unsalted roasted peanuts
1 small red onion
A few coriander leaves
Olive oil
Salt

Steps

- 1- Boil the broccoli florets in pre-salted water for about 7-8 minutes. Then plunge them into iced water to keep their nice green colour
- 2- Fry the peanuts in a pan for a few minutes
- 3- In a frying pan, add a drizzle of olive oil and fry the broccoli florets with the chopped red onion. Add the seaweed tartar and fry for 3 or 4 minutes, stirring regularly. Reduce the heat, add the peanuts and cook for about 2 minutes while stirring
- 4- Serve and add a few coriander leaves on top