



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## **Broccolini with Garlic, Fresh Lemon and Crushed Chilies**

- 1 bunch broccolini
- 2 tablespoons extra virgin olive oil
- Juice of ½ lemon
- 1 clove of garlic, minced
- ½ teaspoon crushed red chili, or to taste
- ¼ teaspoon freshly ground black pepper

Blanch the broccolini in a large pot of boiling salted water for 2 minutes. Drain immediately and immerse in a bowl of ice water.

In a large skillet, over medium high heat warm the olive oil. Add the garlic and chili flakes and sauté for 1 minute. Drain the broccolini then add it to the skillet and heat for 2 minutes. Add the lemon juice and the pepper. Coat well before serving.

**THE LOVE:** Don't over cook the broccolini. It tastes best a little crisp!