

# BE A BROCCOLI STALKER

## **Broccoli stalks are nutritious and delicious.**

But Kiwis throw away over 2,500 tonnes of broccoli stalks every year.

When you throw away the stalk you are wasting food and money. Think of broccoli as a two-for-one vegetable because you get the florets and the stalk – at no extra cost!

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### **How to eat broccoli stalks**

Cut a small amount off the bottom of the stalk and peel with a vegetable peeler.

- Slice thinly to use in salads or roast them
- Grate to use in a slaw or turn into fritters
- Finely chop them to use in stews, soups and pasta



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# BROCCOLI BALLS

These broccoli balls are a great recipe to make with your children.

## INGREDIENTS

2 cups **broccoli**, made up of grated broccoli stalk and/ or cooked broccoli florets, finely chopped  
1 small **onion** grated or finely chopped  
1 **egg**  
 $\frac{1}{3}$  cup **plain flour**  
 $\frac{1}{2}$  cup **parmesan cheese**, grated  
 $\frac{1}{4}$  teaspoon **salt**  
**pepper**, to taste  
1 tablespoon **fresh herbs**, finely chopped (optional)

## METHOD

- 1 Preheat oven to 180°C.
- 2 Mix all of the ingredients together.
- 3 Roll the mixture into teaspoon sized balls then place on a baking tray lined with baking paper.
- 4 Bake for 12-15 minutes, turning the broccoli balls about 8 minutes into cooking time.

For more broccoli stalk recipes visit [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



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