

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!

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



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