

## **BLASTED BROCCOLI**

broccoli florets  
1 T olive oil  
salt to taste  
red pepper flakes  
freshly squeezed lemon juice



Heat the olive oil until very hot, using a skillet that will hold all the broccoli in a single layer, with little or no overlapping. Add the broccoli florets, sprinkle with salt, add red pepper flakes, shake the pan around, and immediately cover it.

Leave it covered for exact two minutes.

Open the pan and add a little lemon juice all over. Check to see if the broccoli is cooked enough for your taste (I like mine with a lot of bite still). If you want, cover the pan again and cook for another 30 seconds.

Serve immediately.