

Warm Seafood, Broccoli, Chorizo Quick Salad



<Ingredients (4 serves)>

- 1 large Broccoli stalks and floret
- 4 large cloves Garlic (sliced)
- 250g Chorizo (Sliced)
- Seafood
- 2 Tbsp Extra Virgin Olive Oil
- 1 pinch Sea salt
- 2 tsp Kombu-cha powder (optional)

<Method>

1. Boil broccoli

Wash well with running water and cut the stalks off. Slice off the skin of stalk using a knife and slice lengthways.



Bring water to the boil into a deep pan on high heat and add 1 tsp table salt. Plunge the stalks first and then add the floret.



Once the water is reboiled (approximate 1 minute), immediately remove from the heat and drain well. (do not need to rinse with cold water)

2. Stir fry

Pour the olive oil into a fry pan and add the garlic and one pinch sea salt and stir fry on low heat keeping stirring.



When the garlic is infused into the oil, add the seafood.



Stir fry on medium heat avoiding garlic is burnt.

Almost the seafood is cooked, add the broccoli and Kombu-cha powder and turn up the heat and keep stirring for 30 seconds until all ingredients are coated with oil.



3. Serve

Transfer the salad to the bowl and serve while it's warm.

