



Keto Roasted Broccoli with Olives is a great dish to serve with lamb and beef or as a tapas dish. Not only is it delicious, it's quick and easy to make. Enjoy!

Servings - 4

**Prep Time - 15 Mins | Cook Time - 20 Mins | Total Time - 35 Mins**

Difficulty - Easy



Cuisine - British

## RECIPE

# KETO ROASTED BROCCOLI WITH OLIVES

## EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Non Stick Large Saucepan](#)

[Large Sharp Knife](#)

[Spatula](#)

[Lemon/Fruit Juicer](#)

[Food Processor](#)

[Medium Serving Dish](#)

# INGREDIENTS

1 Large head of broccoli, cut into florets with some stem

[Virgin Olive Oil](#)

[3/4 Cup Pitted Green Olives](#)

2 Tsp fresh lemon juice

3 Tbsp fresh basil, chopped

[1 Tbsp Drained, Capers](#)

1 Tbsp fresh garlic, minced

[1/4 Tsp Sea Salt, Flakes](#)

[1/4 Tsp Black Pepper \(cracked\)](#)

[20 g Parmesan, grated](#)

# METHOD

Preheat the oven to 350 F/180 C or Fan 160 C/Gas Mark 4.

Cut the broccoli into florets leaving around an inch of stem, and place them on a baking sheet.

Drizzle the broccoli with 1/2 Tablespoon of olive oil and toss, making sure the oil is evenly distributed.

Place in the oven for about 15 to 20 minutes or until broccoli is tender but not soft and is lightly browned.

Add the remaining olive oil, lemon, basil, capers, and garlic to a food processor. Pulse the ingredients to combine until they become chopped before forming a paste.

Season with salt and pepper.

Spread the olives in the middle of a platter and cover with the broccoli, then sprinkle with parmesan.

# STORAGE

This dish is better eaten fresh.

# NUTRITION FACTS

Per serving : 87 g | Calories 114 | Protein 3.2 g | Fat 9.1 g | Carbs 6.2 g | Fiber 2.2 g  
Net Carbs : 4 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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