

SHOW & TELL

Serves: 4* Serving size: 1 cup

19
minutes

PREP: 10 minutes
COOK: 9 minutes

SPIRALIZED Broccoli Salad

2 fresh broccoli heads with stems 1.5"/3.81 cm in diameter
2 tbsp. extra virgin olive oil
1 tsp. garlic powder
½ tsp. red pepper flakes
1 tsp. salt
1 tbsp. lemon juice
4 tbsp. parmesan

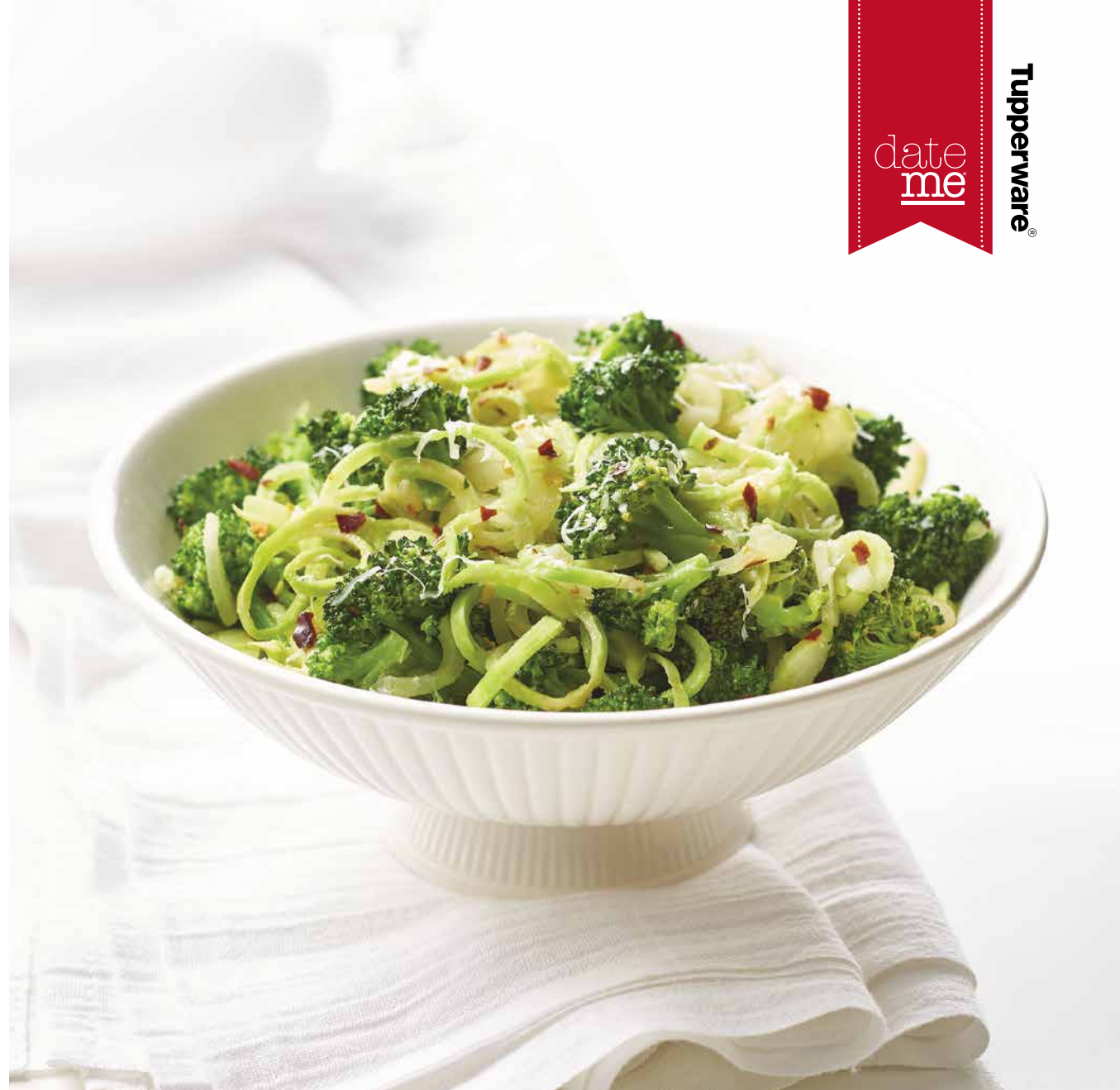
1. Remove stem from broccoli head by cutting as close to the florets as possible. Cut broccoli florets and place in Tupperware® Smart Multi-Cooker shielded colander. Add water to base/water tray to max fill line for steaming, place shielded colander inside base, cover with shielded cover and microwave on high power 8 minutes.
2. While broccoli is cooking, assemble the Fusion Master® Spiralizer fitted with thin noodle blade. Attach broccoli stem to pin and vegetable holder. Lock in place and turn handle to spiralize. Repeat with remaining stem.
3. At the end of cooking time, add spiralized broccoli stem to shallow colander and place in the shielded colander. Cover with shielded cover and microwave on high power 1 minute and let cool slightly.
4. Toss broccoli with remaining ingredients to combine. Serve warm.

Nutritional Information (per serving):

Calories: 160 Total Fat: 10g Saturated Fat: 2g Cholesterol: less than 5mg Sodium: 740mg Carbohydrates: 15g Fiber: 6g Sugar: 4g Protein: 9g Vitamin D: 0% Calcium: 15% Iron: 10% Potassium 15%

date
me

Tupperware®



TO DEMO



Fusion Master®
Spiralizer



Smart Multi-Cooker

OPTIONAL



Tongs



Measuring
Spoons



Measuring
Cups