



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevez Lezzetler® Turkish cooking recipes

Broccoli Salad

Brokoli Salatası



18 oz broccoli
1 cup canned corn
1 cup canned green peas
6 tbsp olive oil
1 lemon
1 garlic clove
1 tsp salt

Rest the broccolis in vinegar added water. Wash them well. Then chop them into small pieces with their stems.

Pour for about 2 cups of water into a pot and add some salt. When it reaches the boiling temperature, add the broccoli pieces. Cook them for about 12-15 minutes. Remove them from the water by a colander and let them cool down.

While cooling sown the broccoli pieces, whisk the mixture of pounded garlic, lemon juice, olive oil and salt.

Place the cool broccoli pieces into a deep bowl. Add corn, peas and the sauce mixture. Mix them all together.

Place the mixture into the service plate and serve.

Note: Broccoli ingredients isothiocyanate which fixes thyroid gland.