

## Raciones para 1

1  
Broccoli  
1  
Garlic clove  
50 g  
Feta cheese  
15 g  
Cashews  
15 g  
Almonds  
15 g  
Hazelnuts  
  
Salt  
  
Olive oil

- 1 Start grating the broccoli until you reach the stalk with a grater of large holes.
- 2 Stir-fry a clove of garlic with a dash of olive oil in a frying pan. When the garlic is golden brown, add the broccoli and some salt, and stir-fry for 2 minutes.
- 3 Serve the broccoli rice on a dish and sprinkle it with crumbled feta cheese and chopped nuts.
- 4 Finish with a dash of lime juice and olive oil.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/cous-cous-de-brocoli-con-frutos-secos-y-queso-feta/>

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