

Tenderstem broccoli with soy sauce, garlic and peanuts

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Serves four as a side

3 tbsp groundnut oil

3 garlic cloves, finely sliced

3cm piece of ginger, peeled and juliened (20g)

1 orange, 3 strips of finely shaved skin

30g salted roasted peanuts, roughly chopped

550g tenderstem broccoli, trimmed and cut in half widthways if the stems are thick

2 tbsp light soy sauce

1 ½ tsp honey

salt

This is also lovely with (an equal quantity of) choy sum, if you prefer, instead of the broccoli. If you use choy sum it'll only need 1½ minutes' steaming. This is good as a side to all sorts of things – any roasted bird, for example – or as it is with a bowl of steamed rice.

1. Heat the oil in a small saucepan on a medium high heat. Add the garlic, ginger, orange skin and peanuts and fry for 2–3 minutes, stirring frequently, until the garlic and nuts are a light golden-brown. Transfer to a small bowl (along with all of the oil), to stop them cooking, and set aside.

2. Fill a large saucepan, for which you have a steamer attachment, with just enough water so it doesn't touch the steaming basket. Place on a high heat and, once boiling, add the broccoli. Steam for 4–5 minutes, until cooked. Remove from the heat, transfer to a serving plate and set aside.

3. Return the saucepan you cooked the peanuts in to a high heat – don't worry about wiping it clean – and add the soy sauce, honey and ½ teaspoon of salt. Heat for about 1 minute: it should thicken to about 1½ tablespoons of sauce. Spoon 2 tablespoons of the infused oil over the broccoli, along with the peanuts and aromatics. Pour over the reduced soy mix, give everything a gentle mix and serve.