




BROCCOLI FRIES

 2 servings  Prep: 12 mins  Cook: 8 mins



INGREDIENTS

2 pcs Broccoli stems
2 tsp Cooking oil
¼ tsp Salt, lower in sodium
¼ tsp Black pepper ground
1 tsp Garlic powder
1 tbsp Flour

METHODS

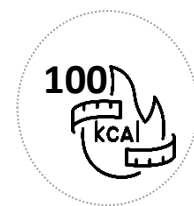
1. Peel the broccoli stem to remove the tough outer skin.
2. Cut the broccoli stem into 1 cm wide fries.
3. Transfer the fries into a mixing bowl and toss the broccoli fries with cooking oil, salt, black pepper ground, garlic powder and flour.
5. Place the fries in an air-fryer.
6. Air-fry at 200 degrees Celsius for 8 minutes or until fries turn golden brown.
7. Serve hot.



MEATLESS
MONDAY



LESS
WASTE



100 KCAL
DISH/SNACK

Nutrition Information (per serving)

Energy 97kcal, Carbohydrate 4g, Protein 6g, Fats 5.2g, Saturated Fats 0.8g, Polyunsaturated Fats 0.5g, Monounsaturated Fats 3.2g, Cholesterol 0mg, Dietary Fibre 5.2g, Sodium 165.5mg, Potassium 501.8mg, Phosphate >90mg