

## **Mushrooms and broccoli with garlic and coriander seeds**

Nice accompaniment to many meals as an alternative to plain veg

Ingredients: use more or less broccoli and mushrooms according to appetite

- 8oz (250g) Broccoli
- 4 tbsp Olive Oil
- 2 Garlic cloves, sliced
- 1 teaspoon coriander seeds, lightly crushed
- 8oz (250g) Mushrooms
- salt and pepper to taste

### **Method:**

Cut the broccoli into small florets and steam or boil until just cooked, immediately plunge them into cold water to halt the cooking, then drain.

Slice the mushrooms and saute in the olive oil along with the garlic and coriander seeds, cook until mushrooms are just soft then add the broccoli.

Heat through and season with salt and pepper to taste.