

RECIPE

Broccoli Steak with Olive and Butter Bean Puree

Ingredients

- 1 whole head of broccoli
- 2 tbsp cumin
- 2 tbsp paprika
- Salt and pepper to taste
- ½ an avocado
- 1 tin of butter beans drained and rinsed
- 200 g green olives pitted
- 1 tbsp miso paste
- Olive oil



Method

1. Slice the white potato, purple sweet potato, and orange sweet potato into fries. Make sure the pieces are similar in size, so they cook evenly.
2. Pour olive oil into a large pan—enough to shallow fry the chips—and place the sliced potatoes directly into the cold oil. This method helps them cook through gently and evenly.
3. Bring the oil up to temperature slowly. This allows the fries to steam and soften inside before the oil gets hot enough to crisp the outsides.
4. Once golden and crispy, remove the chips from the oil and drain them on paper towel. While they're still hot, sprinkle generously with salt and serve.