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Broccolini Pesto Stir Fry

Makes:

6 servings as a side dish

Utensil:

7 Qt./6.6 L Wok with Cover
small mixing bowl
large mixing bowl

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Recipe:	

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
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Recipe Description:

Broccolini, a cruciferous vegetable, is a cross between broccoli and Chinese broccoli. Broccolini is sweeter in taste with longer and tender stalks and cooks very quickly, making is a perfect stir fry vegetable. Broccolini is rich in vitamins A, C, and K.

1 $\frac{1}{2}$ pounds
  broccolini, trim off 1-inch of stem and cut remainder into 1 - 2 inch pieces
(680 g)

$\frac{1}{2}$ cup
  vegetable stock
(120 mL)

$\frac{1}{2}$ cup
  pesto, homemade or your favorite store bought version
(124 g)

$\frac{1}{2}$ cup
  tomatoes, fresh, cut into small dice, juices included
(90 g)

1 $\frac{1}{2}$ cups
  cannellini beans, cooked and drained
(273 g)

salt and ground pepper, to season

Directions:

1. Trim broccolini and place in a bowl of water and set aside.
2. In a small bowl, mix together vegetable stock, pesto and diced tomatoes.

3. Preheat wok over medium heat. When several drops of water sprinkled on wok skitter and dissipate, add broccolini, leaving excess water on the vegetable. Stir fry 3 - 4 minutes, tossing constantly so cooking is even.
4. When broccolini is crispy tender, pour pesto mixture on top. Add cannellini beans, season with salt and pepper, and toss gently to combine.
5. Cover and cook an additional 1 - 2 minutes until heated through.
6. Serve stir fry as a side dish or on top of pasta or cooked brown rice for a vegetarian entrée.

Tips:

*   Broccolini can be substituted for broccoli rabe or broccoli; adjust cooking times as necessary.
*   Spice up stir fry by adding a pinch of crushed red pepper and garnish with an extra shaving of Parmesan cheese.

Nutritional Information per Serving

Calories: 242
Total Fat: 14g
Saturated Fat: 2g
Cholesterol: 3mg
Sodium: 740mg
Total Carbs: 25g
Dietary Fiber: 7g
Sugar: 3g
Protein: 10g