

Spicy Sautéed Broccoli

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This is a very easy recipe for sautéed broccoli. It is also a great way to re-heat leftover steamed broccoli for a completely different meal. Serves 2.

Ingredients:

1 head broccoli florets, cooked
1 teaspoon red pepper flakes, or more to taste
1 teaspoon Worcestershire sauce or soy sauce
2 tablespoons olive oil
salt and pepper, to taste

Directions:

1. In a large sauté pan, heat the olive oil over high heat.
2. Add the broccoli and cook until heated through. Add the red pepper flakes and soy sauce or Worcestershire sauce.
3. Turn off the heat and add salt and pepper to taste. Serve hot.

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