

March signals a surge in beautiful green vegetables, and this time my offering is a lovely light side dish combining purple sprouting broccoli and spring onions in a versatile dish that works as a warm salad addition, or on the side of a spring roast.

Spring onions are a very good source of vitamins A, C, and K, folate, calcium, iron, manganese, and potassium. They also contain good levels of the phytochemicals quercetin, lutein, and zeaxanthin, which have been shown to have antioxidant and anti-inflammatory effects.

Purple sprouting broccoli contains very good levels of vitamins C, K, B5, and B6, folate, and calcium. It also contains a compound called sulforaphane which is sulphur-rich and common in cruciferous vegetables like broccoli, cabbage, kale, and cauliflower, and has been linked to improvements in areas including heart and gut health.

Unlike most roasted vegetable dishes this one is very quick, and you have a lovely vibrant side dish in around 20 minutes.

Roasted purple sprouting broccoli and spring onions

(serves 2-4)

200g purple sprouting broccoli

2 bunches of spring onions

1 garlic clove (finely grated)

1/2 lemon (zest and juice)

2 tbsp extra virgin olive oil

Pinch of black pepper

Optional extras: dried chilli flakes, fresh thyme, and/or diced shallot



Heat the oven to 180 degrees.

Trim the ends from the purple sprouting broccoli and slice any that are thicker than the others in half lengthways to help them cook at the same time.

Trim the ends of the spring onions and remove the papery outsides.

Lay the broccoli and spring onions on a baking tray, drizzle over the extra virgin olive oil, with the garlic, lemon zest, juice, and black pepper. Mix well and pop in the oven for around 20 minutes until tender, turning occasionally.

This is lovely served with a sprinkling of feta or chopped almonds, and a scattering of pomegranate seeds, warm or cold the next day for lunch.

Rebecca Vincent BSc (Hons)

BANT registered nutritionist

07515 019430

www.rebeccavincentnutrition.co.uk