

Grilled broccoli with **seaweed and peanut tartare**



2 people

20 min preparation time

15 min cooking time

All ingredients

- 1 jar** of la belle-iloise [Brittany seaweed tartare](#)
- 1 bunch** of broccoli
- 1 handful** of unsalted roasted peanuts
- 1 small** red onion
- A few coriander leaves
- Olive oil
- Salt

Steps

- 1- Boil the broccoli florets in pre-salted water for about 7-8 minutes. Then plunge them into iced water to keep their nice green colour.
- 2- Fry the peanuts in a pan for a few minutes.
- 3- In a frying pan, add a drizzle of olive oil and fry the broccoli florets with the chopped red onion. Add the seaweed tartar and fry for 3 or 4 minutes, stirring regularly. Reduce the heat, add the peanuts and cook for about 2 minutes while stirring.
- 4- Serve and add a few coriander leaves on top.