

Mustard-Roasted Broccoli Paté with Leeks & Lemon

Ingredients

3 cups broccoli florets
1 leek, white and light green parts only, rough chopped
1 Tablespoon heat-tolerant oil such as grapeseed or avocado oil
1 Tablespoon and 2 teaspoons, grainy mustard, divided
2 sprigs of thyme, leaves removed or 1/2 teaspoon dried
about 1/2 teaspoon sea salt, to taste
about 1/8 teaspoon black pepper, to taste
1 Tablespoon lemon zest
1 1/2 Tablespoon lemon juice
2 Tablespoons nutritional yeast
1/3 cup extra virgin olive oil, plus extra for the top layer
flaky sea salt to finish, such as Maldon

Method

Preheat the oven to 400F.

Toss the broccoli florets and leeks with the heat-tolerant oil, 1 Tablespoon mustard, thyme leaves, salt and pepper. Once everything is coated, spread the mixture on the baking sheet. Roast the vegetables until lightly browned and tender, about 15 minutes.

Transfer the roasted vegetables to a food processor. Pulse the mixture until the broccoli is finely chopped. Scoop up a spoonful to garnish the top of your paté when it is finished. To the food processor, add the remaining mustard, lemon zest and juice, salt, pepper and nutritional yeast. Pulse until everything is combined. With the motor running, drizzle the olive oil in through the feed tube. Continue to run the motor until you have a smooth, lightly chunky paste. Remove the bowl from the food processor and check the mixture for seasoning and adjust to your taste.

Scrape the paté mixture into your serving vessel and scatter the reserved fine chopped bits over the top. Pour a solid layer of more extra virgin olive oil on top. Cover and place in the

refrigerator for 2 hours or until the paté and oil layer are firm but still spreadable. The paté can rest in the refrigerator for up to 4 days if you're making it ahead.

Sprinkle a bit of flaky sea salt on top of the paté before you serve it with sliced bread, crackers, olive, pickles, vegetables.

Notes



Cauliflower or romanesco broccoli also work well with this recipe. If the florets are small and stems are thin, the stems can be chopped and used as part of the 3 cups of broccoli.

The olive oil atop the paté helps retain a fresh green color and adds to the silkiness of the paté.

Such an easy way to get your broccoli fix!

Source: <https://thefirstmess.com/2013/12/12/mustard-roasted-broccoli-rillettes-recipe/>
(Yield: 2 cups)
