



SKILL CARD

How to: **PREPARE BROCCOLI**

Step 1:

Remove outer leaves from stem and discard.



Step 2:

Cut through the broccoli where the stalk meets the crown.

Step 3:

With your hands or a knife, separate florets into bite-sized pieces.



Tip:

Try to cut the broccoli florets to similar sizes so they cook at the same rate.

Step 4:

Cut stem into bite-sized pieces.