



Broccoli o Cauliflower a al MultiCocción

Ingredients:

Broccoli o cauliflower

1 o 2 depending on its size

Salt

to taste.

Preparation

Remove the main stem from the broccoli or cauliflower. Wash very well and place in the MultiCocción without drying it the amount that fits. Add salt and cover then microwave for 3 minutes on high. Let it stand and season to taste. It can also be gratiné with white sauce grated parmesan cheese.

