Roasted Broccoli with Lemon-Scented Sunflower Seeds

4 roasted-broccoli side portions from 600 g prepared broccoli · Active 15 min · Total 40 min

Ingredients

- 1 lb 5 oz broccoli, small florets and peeled stem slices (600 g prepared)
- 1 tablespoon plus 1 teaspoon olive oil (20 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper
- 2 tablespoons plain unsalted sunflower kernels (20 g)
- 1 teaspoon finely grated lemon zest (2 g), from a washed lemon
- 1 tablespoon fresh lemon juice (15 ml), seeds removed

Set out

Oven, Large rimmed sheet, about 13×18 in/33×46 cm, Second sheet if spacing requires, Small skillet, Fine grater, Serving dish, Food thermometer for reheating leftovers

Allergens

Sunflower seeds; check seed and shared-equipment labels. Check labels and substitutions.

Make it

1. Heat oven to 425°F (220°C). Dry prepared broccoli well, toss with oil, salt and pepper and spread on the sheet with gaps. Use a second sheet if crowded.

2. Roast 20–25 minutes, turning once, until stem slices are tender and floret edges golden rather than mostly black.

3. Meanwhile toast sunflower kernels in the dry small skillet over medium-low heat 2–4 minutes, stirring, until lightly golden. Take off heat immediately and stir in lemon zest.

4. Toss hot broccoli with lemon juice and transfer to the serving dish. Scatter lemon-scented sunflower kernels just before serving four side portions.

The title’s seeds have a clear identity

Use the measured shelled sunflower kernels. Lemon peel supplies aroma, while citrus seeds are removed before measuring the juice and do not become a topping.

A useful detail

The 40-minute total includes washing, drying and cutting broccoli, roasting and overlapping seed toasting. The lemon zest seasons the sunflower kernels; lemon juice goes onto the broccoli after roasting.

Keep it well

Refrigerate broccoli and seeds separately if practical, in shallow containers within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days. Reheat broccoli and any refrigerated topping to 165°F (74°C). Freezing is not recommended for the intended crisp surface.