



Frozen Tenderstem Broccoli

Specifications :

Price	Contact us
Place of Origin	China
Min.Order Quantity	100
Payment Terms	T/T,L/C,D/P
Supply Ability	10000
Delivery Detail	3days-7days

Detail Introduction :

How do you defrost Tenderstem broccoli?

First, bring a pot of water to the boil. Then, also bring your kettle to the boil. Place your frozen broccoli stems into a bowl or dish and pour over the boiled water from the kettle. This will help to quickly thaw the broccoli.

How do I cook frozen Tenderstem broccoli?

- 1.Barbecue From Frozen. Toss in olive oil and BBQ or griddle until the stems are lightly charred.
- 2.Boil From Frozen. 1-3 mins and serve as a side.
- 3.Oven cook From Frozen. 7 mins 180° and serve as a side.
- 4.Steam From Frozen. 2-4 mins and add to salad.