

SIDE DISH

Knockin' Roasted Broccoli

23 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	15 min	25 min	4	\$3.07	568 kcal

The recipe Knockin' Roasted Broccoli can be made in approximately 40 minutes. One serving contains 568 calories, 14g of protein, and 44g of fat. This recipe serves 4 and costs \$3.07 per serving. If you have paprika, jalapenos, pancetta, and a few other ingredients on hand, you can make it.

Ingredients

- ☐ ½ cup roasted salted almonds
- ☐ ½ teaspoon cayenne pepper
- ☐ ¼ cup golden raisins
- ☐ 2 teaspoons honey
- ☐ 5 tablespoons olive oil
- ☐ 1 tablespoon paprika
- ☐ 3 red jalapenos, seeded and diced
- ☐ 4 servings Salt and freshly ground black pepper
- ☐ 4 cups broccoli florets
- ☐ 1 tablespoon minced garlic
- ☐ 4 tablespoons bunch green onions, sliced (about
- ☐ 1 lemon, juiced
- ☐ 6 ounces pancetta, finely diced
- ☐ ¼ cup dark raisins
- ☐ 1½ teaspoons red pepper flakes, or to taste
- ☐ 4 shallots, sliced into half moons

EQUIPMENT Bowl, Frying pan, Oven

Method

- 1 Preheat the oven to 400 degrees F.
- 2 In a large oven-safe saute pan over medium-high heat, add 2 tablespoons olive oil.

- 3 Add pancetta and render until slightly crisp, about 3 to 4 minutes.
- 4 Add the garlic, shallots and red pepper flakes. Cook until the garlic begins to brown, about 1 to 2 minutes.
- 5 Add the paprika, jalapenos, cayenne, and salt and pepper, to taste.
- 6 Add the broccoli and toss well. Cook for an additional 2 to 3 minutes for flavors to develop.
- 7 Put the pan in the oven and roast until the broccoli gets color and becomes tender, about 18 to 20 minutes.
- 8 Remove from oven and spoon the mixture into a large bowl.
- 9 Add the raisins, green onions, almonds, honey, and lemon. Season with salt and pepper, to taste, and mix well.
- 10 Serve.

Nutrition per serving

	568 KCAL	14 g PROTEIN	44 g FAT	36 g CARBS
Saturated Fat				9 g · 56% of daily needs
Fibre				7.7 g · 31% of daily needs
Sugar				13.7 g · 15% of daily needs
Sodium				335 mg · 15% of daily needs
Cholesterol				28.1 mg · 9% of daily needs
Vitamin C				104 mg · 126% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/knockin-roasted-broccoli-144693