

# Steamed Broccoli with Zingy Dressing & Olive Oil-Toasted Seeds



By [Ashley Alexander](#)

This isn't your average side of greens. This Steamed Broccoli with Zingy Dressing & Olive Oil-Toasted Seeds is the kind of dish that steals the spotlight—fresh, snappy broccoli dressed up in a tangy mustard vinaigrette with a salty hit of parm, then scattered with golden, crunchy seeds toasted in olive oil. Serve it alongside grilled fish, roast chicken, or pile it into a bowl with grains and a soft-boiled egg. Delicious warm, at room temperature, or straight from the fridge the next day.

**SERVES** 4 | **PREP TIME** 10 minutes | **COOK TIME** 10 minutes | **TOTAL TIME** 20 minutes

## INGREDIENTS

### Broccoli

- 2 bunches broccoli, washed (about 500g)

### Toasted seeds

- 1/4 cup pepitas
- 1/4 cup sunflower seeds
- 1 teaspoon extra virgin olive oil
- A generous pinch of flakey sea salt

### Zingy dressing

- 2 tablespoons extra virgin olive oil

- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey (or maple syrup)
- 1 small shallot, very finely chopped (about 2 tablespoons)
- 2 tablespoons finely grated Parmigiano Reggiano
- Sea salt and freshly cracked black pepper, to taste

## METHOD

### Toast the seeds

1. Place a medium-sized frying pan (ideally one with a steamer insert) over medium heat.
2. Add the pepitas and sunflower seeds and toast, stirring constantly, for 1–2 minutes.
3. Drizzle in the olive oil and sprinkle in the flakey sea salt.
4. Continue to toast, stirring, until the seeds are golden brown and fragrant.
5. Remove from the pan and set aside.

### Steam the broccoli

1. Add a splash of warm water to the same pan and insert the steamer basket.
2. Add the broccoli, cover with a lid, and steam for 3–5 minutes, or until vibrant green and just tender.

3. Remove and set aside.

### **Make the dressing**

1. While the broccolini steams, add all the dressing ingredients to a small jar.
2. Seal and shake well to emulsify.
3. Taste and adjust for salt, pepper, and acidity as needed.

### **Assemble the dish**

1. Arrange the steamed broccolini on a serving plate.
2. Spoon over the zingy dressing and scatter with the toasted seeds.
3. Finish with an extra sprinkle of flakey sea salt and a few cracks of black pepper.

## NOTES

**Make it Vegan:** Swap the Parmigiano Reggiano for a vegan hard cheese or 1 tablespoon of nutritional yeast to keep the umami while making the dish fully plant-based.

**No Steamer? No problem.** You can blanch the broccolini in boiling water for 1-2 minutes until just tender, then drain well and pat dry before assembling.

**Serving Suggestions:** This dish works beautifully as a side for grilled meats, baked fish, or as part of a salad spread.

**Seed Tips:** Toasting the seeds in oil brings out their flavour and adds crunch. Watch closely—they can go from golden to burnt quickly. Store leftovers in an airtight container and use to top salads, soups, or grain bowls.

**Dressing Variations:** Try using apple cider vinegar or lemon juice in place of red wine vinegar for a different kind of zing. A small crushed garlic clove can be added for more punch.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/steamed-broccolini-zingy-dressing-olive-oil-toasted-seeds>*

Let me know if you make the recipe! x **@gatherandfeast**