

Charred Broccoli with Parmesan Ricotta & Chili Oil

If you think broccoli can't be exciting-this dish will change your mind.



OVEN
425°F

TIME
20 min

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INGREDIENTS

For the Charred Broccoli:

1 lb (450 g) broccoli florets ?

2 tbsp olive oil

$\frac{1}{2}$ tsp smoked paprika

Salt and pepper, to taste

For the Parmesan Ricotta Base:

1 cup ricotta cheese

$\frac{1}{3}$ cup grated Parmesan cheese ?

1 clove garlic, minced

1 tbsp lemon juice ?

For the Chili Oil:

3 tbsp olive oil

$\frac{1}{2}$ tsp red chili flakes ?

Garnish:

2 tbsp crushed pistachios

Zest of 1 lemon ?

DIRECTIONS

1. Char the Broccoli: Preheat your oven to 425°F (220°C) or heat a grill pan over high heat. Toss the broccoli florets with olive oil, smoked paprika, salt, and pepper. Roast for 20 minutes, flipping once, or grill for 3-4 minutes per side until charred and tender.
2. Prepare the Parmesan Ricotta Base: In a bowl, combine:
3. Ricotta cheese
4. Parmesan cheese
5. Minced garlic
6. Lemon juice
7. Mix until smooth and creamy. Spread the mixture on a serving platter or shallow bowl.
8. Make the Chili Oil: Warm olive oil over low heat in a small pan. Add chili flakes and smoked paprika. Simmer gently for 1-2 minutes, then remove from heat and let cool slightly.
9. Assemble the Dish: Arrange the charred broccoli over the ricotta-Parmesan base. Drizzle with the prepared chili oil.
10. Garnish and Serve: Sprinkle with crushed pistachios and lemon zest. Serve immediately while the broccoli is warm and the ricotta is cool.

TIPS FOR SUCCESS

Don't skip the high heat: It brings out caramelization and smokiness.

Use whole milk ricotta: It's creamier and adds richness.

Adjust the chili flakes to match your spice preference.

Drizzle with honey for a sweet-spicy contrast if you're feeling adventurous.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/charred-broccoli-with-parmesan-ricotta-chili-oil/>