

# Low-Carb Chargrilled Broccolini

Hands-on 10 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 11.9 g, Fiber: 2.8 g, **Net carbs: 9.1 g**,

Protein: 7 g, Fat: 13.6 g, Calories: 189 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 500 grams broccolini (1.1 lb)
- 2 tbsp [extra virgin olive oil](#), divided (30 ml)
- 3 tbsp [flaked almonds](#) (18 g/ 0.6 oz)
- 2 tbsp [tahini](#) sesame paste (30 g/ 1.1 oz)
- 2 tsp fresh lemon juice
- 2 tsp [Erythritol](#), [Swerve](#) (8 g/ 0.3 oz) or [low-carb sweetener of choice](#)
- 1 clove garlic, sliced
- water (to thin down the sauce)
- salt to taste

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)

## Instructions

1. Place the broccolini into boiling water and cook for approx. 3 minutes.
2. Plunge into ice-water to halt the cooking process.
3. While the broccolini is cooking, add 1 tablespoon of olive oil to a frying pan and heat up.
4. Add the flaked almonds and cook until well browned, but not burned.
5. Thinly slice the garlic. Add the other 1 tablespoon of olive oil to a heavy ridged pan and scatter the garlic over. Heat over high heat.
6. Place the broccolini in the pan and cook for 3 minutes on either side.
7. Meanwhile, mix tahini, lemon juice and sweetener together in a small bowl, adding water until you get a good drizzle consistency.
8. Place the broccolini on a serving plate, drizzle with tahini sauce and sprinkle with almonds, finish with a sprinkle of salt.
9. Store in the refrigerator, covered, for up to 4 days.

**More great content on [KetoDietApp.com](#)**

[Keto calculator](#)