

# Lemon Garlic Broccoli Stir-Fry

This vibrant Lemon Garlic Broccoli Stir-Fry is a quick and healthy main dish bursting with flavor. Perfect for a light meal, it combines fresh broccoli with a zesty lemon and garlic sauce, making it both nutritious and delicious.



Main Dish

**15 min**

Total time

**easy**

Difficulty

**120**

kcal / serving

## Ingredients

- 1 cup fresh broccoli florets
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 1 tablespoon grated Parmesan cheese (optional)

## Steps

- 1 Heat the olive oil in a skillet over medium heat.
- 2 Add the minced garlic and sauté for about 30 seconds until fragrant.
- 3 Add the broccoli florets to the skillet and stir-fry for 5-7 minutes until they are bright green and tender-crisp.
- 4 Drizzle the lemon juice over the broccoli, season with salt and pepper, and toss to combine.
- 5 If desired, sprinkle with grated Parmesan cheese before serving.
- 6 Serve warm and enjoy your healthy dish!