



Exploring nature never stops

REDI®

PURPLE SPROUTING BROCCOLI

► redi-broccoli.com



REDI®

'DISCOVER A NEW SENSATION'

Redi®, a revolutionary concept for the consumer vegetable market, combining healthy nutrition with exceptional flavour in an original way.

TASTE • HEALTH • CONVENIENCE

This purple sprouting broccoli, comprising tender stalks topped with a small floret, whose unique features bring colour and originality to any dish. That's Redi®, the flavourful, healthy and eye-catching broccoli in a sustainable packaging. Thanks to high levels of naturally produced glucosinolate compounds, Vitamin C and antioxidant activity, Redi® is an extremely healthy vegetable. Its colour provides more antioxidant compounds than green broccoli, which consolidates and boosts its power as a functional food.

In addition, this purple broccoli under the Redi® brand is tender in texture and sweeter in taste than the alternatives on the market. All of which supplements a diet to maintain a healthy life.

It can be harvested in one cut giving it a real advantage to the grower, making it a very cost efficient concept. As production is guaranteed year-round, it is always ready for launching in any supermarket.

HOW TO PREPARE?

Redi® is easy to prepare in a variety of ways— raw, fried, boiled or steamed—so it's to everybody's liking. Below you can find some delicious recipes which fit perfectly in a healthy and varied diet.



SESAME REDI® with oriental salad

More inspirations

- ▶ Redi® gratinated
- ▶ Redi® to microwave in 4 minutes



CHARGRILLED REDI® with toasted English muffin

- ▶ Redi® Sumac with pistachio & lemon
- ▶ Redi® slaw with red onion and red cabbage



REDI® KOFTA Lemony Greek yoghurt



Ask your local Bejo representative for more information or visit redi-broccoli.com