

Sesame Ginger Broccoli



A simple and delicious side dish that comes together quickly and packs a lot of flavor! Gently steaming the broccoli retains its beneficial vitamins & minerals.

YIELD 16 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
-----------------------------	----------------------------	-----------------------------

INGREDIENTS

2 tsp	Sesame Seeds
2 Tbsp	Toasted Sesame Oil
2 each	Shallot, diced small
2 lb (~4 crowns)	Broccoli, cut into 1" florets
4 cloves	Garlic, minced
2 Tbsp	Ginger, fresh, grated
¼ cup	Soy Sauce, reduced sodium
¼ cup + 1 Tbsp	Water
¼ tsp	Red Pepper Flakes, optional

CHEF'S NOTES

This versatile side dish can be made using a mix of your favorite vegetables, too. Try adding bell pepper, carrot, or sugar snap peas for added color and flavor.

You can easily add a protein to make this dish a complete meal. Try this recipe with our Peanut Noodles with Chicken recipe for a combination of flavors that work well together!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Toast sesame seeds: Heat a small pan over medium high heat. Add the sesame seeds. Toast until golden brown, stirring occasionally, about 2-4 minutes. Immediately remove the seeds from the pan to prevent burning (the hot pan will continue to toast the seeds after you turn off the heat).
3. In a medium sauce pot, heat the sesame oil over medium heat. Add the shallot and cook until translucent, about 1 minute. Avoid browning.
4. Add the broccoli, garlic, and ginger to the pan. Continue to sauté until fragrant, about 1-2 minutes.
5. Add the soy sauce, water, and red pepper flakes (optional). Cover the pot with a lid or tin foil. Allow the pot to steam until the broccoli is bright green and tender, but not mushy, about 3-5 minutes. If necessary, add more water to finish cooking the broccoli to desired doneness.
6. When the broccoli is done, turn off the heat and add the toasted sesame seeds. Mix well to combine and serve warm.

Nutrition Facts

16 servings per container

Serving Size 1/2 cup (72 g)

Amount per serving

Calories 45

% Daily Value *

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 5g 0%

Dietary Fiber 2g 6%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g 5%

Vitamin D 0mcg 0%

Calcium 30mg 3%

Iron 0.9mg 5%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

