

Spicy Sesame Soy Broccoli



Makes:

6 servings as a side dish

Utensil:

7 Qt./6.6 L Wok with Cover
small mixing bowl

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Recipe Description:

Just the right combination of "sugar and spice and everything nice" - this is a spicy and healthy side-dish that you'll serve again and again. This can also create a delectable vegetarian or vegan main dish.

¹/₄

cup

soy sauce

(60

mL)

4

green onions, finely chopped

2

tablespoons

sesame seeds, toasted

(16

g)

2

tablespoons

brown sugar

(28

g)

2
tablespoons
fresh ginger, peeled and minced
(12
g)

2
cloves
garlic, finely chopped
1¹?²

teaspoon
crushed red pepper
(2.5
mL)

4
tablespoons
pimento, chopped, optional
(48
g)

1
pound
broccoli
(454
g)

Directions:

1. Place all ingredients except broccoli in small bowl and stir to blend.
2. Preheat wok on medium heat. When several drops of water sprinkled on the pan skitter and dissipate, rinse broccoli then place in wok and stir-fry until heated-crisp, approximately 3 minutes.
3. Add mixture to broccoli and cooked until heated. Serve hot.

Tips:

- Add diced chicken to this recipe and create a delicious main-dish.
- Serve over rice or noodles and you have a tasty vegetarian or vegan main dish.
- Pimento is optional but it adds a beautiful touch of color and it's delicious.

Nutritional Information per Serving

Calories:

80

Total Fat:

3g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

384mg

Total Carbs:

12g

Dietary Fiber:

1g

Sugar:

5g

Protein:

4g