

## 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:

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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  
1/2 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** 12g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 5g  
**Protein:** 4g