

## Broccoli with Sesame Soy Glaze

Ingredients	Instructions
<ul style="list-style-type: none"><li>• ¾ - 1lb broccoli, trimmed (or substitute for rapini)</li><li>• ½ tbsp soy sauce (or more, to taste)</li><li>• 1 tbsp sesame oil</li><li>• ½ tbsp honey or maple syrup (optional sweetness)</li><li>• 1 garlic clove, minced (optional)</li><li>• Sesame seeds for garnish</li></ul>	<ol style="list-style-type: none"><li>1. <b>Prepare:</b> In a large pot bring water to a boil. Fill a large bowl with cold water and add some ice.</li><li>2. <b>Boil Broccoli:</b> Once the water is boiling place all the broccoli into the pot, once the water returns to a boil continue to cook for 2 minutes. Then use tongs to remove and plunge into the ice water immediately to stop broccoli from continuing to cook which results in mushy and soft broccoli.</li><li>3. <b>Make Glaze:</b> In a small bowl, whisk together soy sauce, sesame oil, honey, and garlic.</li><li>4. <b>Sauté Broccoli:</b> In a skillet over medium-high heat, add a drizzle of oil and sauté broccoli for 30 seconds.</li><li>5. <b>Glaze:</b> Pour the glaze over the broccoli and toss to coat. Cook for another minute until the sauce thickens slightly.</li><li>6. <b>Garnish:</b> Sprinkle with sesame seeds before serving warm.</li></ol>