

Hot Sesame Broccoli

Ingredients ..

- 1 bunch Broccoli
- 1.5 tbs SANCHI Hot Toasted Sesame Oil
- 1 large clove Garlic, crushed
- 2 tsp SANCHI Shoyu or Tamari
- 1 tsp Lemon Juice
- 1 tbs Toasted Sesame Seeds

Instructions ..

1. Bring a large pan of salted water to the boil. Cut broccoli into florets, trimming off the tough ends of the stalk. Add broccoli to the boiling water and blanch for 1 minute. Drain.
 2. In a wok or frying pan, warm the Hot Toasted Sesame Oil and garlic over a low heat for three minutes. Stir in the Shoyu or Tamari and lemon juice. Add the broccoli and coat in the sauce.
- Serve immediately, sprinkled with toasted sesame seeds.