

Sesame Ginger Broccoli

Prep Time 15 mins
Total Time 30 mins

Meal Type Side
Contributed By



Source [Living Plate](#)

Servings 4



Ingredients

- 6 cup broccoli florets, *chopped and steamed*
- 1 Tbs sesame oil
- 1 tsp ginger, *grated*
- 2 tsp soy sauce (we love Bragg's liquid aminos)
- 2 tsp sesame seeds

Directions

Prep

1. Wash and chop broccoli into bite-sized pieces.
2. Steam broccoli.
3. Grate ginger.

Make

1. Warm sesame oil, ginger, and soy sauce in a large sauté pan until ginger starts to sizzle.
2. Add broccoli cook over medium heat for 3-5 minutes.
3. Season with additional soy sauce if desired.

Notes

Steaming the broccoli ahead - batch cooking - saves lots of time and prevents the ginger from burning. This is an excellent recipe for any leftover steamed vegetable.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

- Show all nutrients -

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