

Roasted Broccoli with Soy Sauce and Sesame Seeds

written by The Recipe Exchange | June 13, 2015

Ingredients

1 lb. fresh broccoli florets (see trimming instructions)
1 1/2 T olive oil
1 T soy sauce
1 tsp. sesame oil
1 T sesame seeds, toasted

Directions

Preheat oven to 450 F (or use 475 and shorten the cooking time slightly.)

(You can trim broccoli stems and roast them with the florets; peel and cut into 1/4 inch thick pieces if you're cooking the stems. I saved the stems to cook separately.)

Cut broccoli into pieces about 2 inches long. Then cut through stems just to where florets start, and break apart so broccoli is in same-sized pieces. (This method of cutting through the stems and then breaking the broccoli apart also eliminates the mess when you cut broccoli and small bits fall off.)

Place broccoli in plastic mixing bowl and toss well with olive oil, soy sauce, and sesame oil. Arrange in single layer on baking sheet and roast 10 minutes. After 10 minutes, stir and continue roasting 5 minutes more, or until broccoli is tender-crisp and slightly browned on the edges.

While broccoli roasts, toast sesame seeds in a dry pan over very high heat for 30-60 seconds. When broccoli is done, put it back into plastic bowl, dump in sesame seeds, and toss again. Serve hot.