

# Steamed Broccoli w/ Bragg Liquid Aminos

*Swick*

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

## Step 1: Steaming the Broccoli

- 1 bunch broccoli
- pinch sea salt

Set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

Wash the broccoli and trim off the stem ends. Transfer the broccoli to the steaming basket and sprinkle with a pinch of salt. Place over the simmering water. Steam for approximately 3 to 5 minutes or until tender and cooked to your liking.

## Step 2: Dressing the Broccoli

- 1/8 tsp red chili flakes
- 1/4 tsp sesame oil
- Bragg Liquid Aminos (to taste)

Once the broccoli is cooked, transfer to a large bowl and spray with the Bragg. Sprinkle the chili flakes over top and drizzle with the sesame oil. Toss gently to combine.

Transfer to a serving bowl and serve immediately.

Note: If desired, substitute soy sauce in place of Bragg's aminos.