

Roasted Asian-Style Broccoli

Swick

Serves 2 to 4 | Active Time: 10 minutes | Total Time: 30 minutes

Step 1: Preparing Broccoli

- 1 tbsp neutral oil, such as canola
- 1 tbsp roasted sesame oil
- 1 tbsp soy sauce
- 2 tbsp sambal oelek (can substitute with chile-garlic paste)
- 2 to 3 tsp sweetener, such as brown sugar or agave
- 4 to 6 lrg broccoli crowns*

To start, preheat the oven to 475°F (245°C). Lightly spray a large, rimmed baking sheet with non-stick cooking spray or line with parchment paper.

Next, in a large bowl, thoroughly mix together the oils, sambal, garlic, and sweetener of your choice.

Slice the broccoli crowns into large long spears or pieces, keeping as much of the stem area intact as possible.

Next, add the broccoli to the spice mixture and toss to evenly coat the spears. If needed, use your hands to coat to help evenly coat all of the broccoli.

Arrange the broccoli, on the prepared baking sheet, cut side down.

Step 2: Roasting & Serving the Broccoli

- sea salt, to taste
- freshly ground black pepper, to taste

Roast the broccoli for 10 to 15 minutes, or until it has started to char on the outside, but still has a nice crunch in the middle (use a knife to test, if needed).

Remove from the oven and sprinkle with a bit of fleur de sel and freshly ground black (or white) pepper, if needed.

This dish pairs well with many stir-fried dishes, baked tofu and/or cooked rice.