

SESAME BROCCOLI AND CAULIFLOWER

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

2 tbsp oil 25 ml

1 tbsp sesame seeds 15 ml

1/2 bunch broccoli, cut into fleurettes 1/2

1 small head cauliflower, cut into fleurettes 1

1 tbsp soy sauce 15 ml

1/4 tsp ginger 1ml

Procedure:

1. Place oil and sesame seeds in a 2¹/₂-quart (2.5 L) casserole.
2. Cook at **P7** 4 minutes.
3. Add broccoli and cauliflower.
4. Mix soy sauce and ginger.
5. Pour over vegetables, stir well.
6. Cover with plastic wrap.
7. Cook at **P7** 6 - 7 minutes, stir once.
8. Let stand, covered, 5 minutes.

Chefs Tip:

Microwaving is one of the best ways to toast Nuts and seeds for the most flavor.