

Blanched Broccoli with Sesame Oil

Ingredients

- 1 broccoli head
- 1 qt water
- sea salt to taste
- 2 Tbsp sesame oil, divided
- 2 tsp toasted sesame seeds

Directions

Remove stems from broccoli and cut into thin strips. Separate the florets.

Bring water and salt to boil in a medium bowl. Add the broccoli stems and cook for 2 minutes. Add the florets and 1 Tbsp sesame oil and boil for 3 more minutes. Remove from heat and drain. Transfer to a serving plate, drizzle with 1 Tbsp sesame oil and sprinkle sesame seeds on top