

# Sweet Sesame Broccoli

Recipe By *Esti Steinmetz*



Cooking and Prep:  15  
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Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Vegan, Gluten Free, Low  
Carb, Vegetarian, Pescetarian

Source: Whisk by Ami  
Magazine

## Ingredients (9)

### Main ingredients

- 1 tablespoon oil
- 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
- 1/2 red onion, cut into half moons
- 1 (32-ounce) bag frozen broccoli, thawed
- 3/4 teaspoon salt

- 1 tablespoon mustard
  - 1 tablespoon Gefen Honey
  - 3 tablespoons Gefen Duck Sauce
  - 2 tablespoons sesame seeds, toasted and divided
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## Start Cooking

### Sauté the Broccoli

1. Heat oil in a medium sauté pan or wok. Add garlic and sauté two minutes. Add red onion and sauté an additional two minutes. Add broccoli and salt.
2. In a small bowl, combine mustard, honey, and duck sauce. Add to broccoli mixture. Sprinkle with one tablespoon sesame seeds.
3. Cook for five minutes, stirring occasionally.
4. Garnish with reserved tablespoon of sesame seeds. Serve warm.