

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.