



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BROCCOLI WITH MISO SAUCE

Time: 15 minutes

Serves: 4

Ingredients:

8 cups broccoli florets
1 teaspoon light miso
1 teaspoon tahini
½ teaspoon fresh lemon juice
1 tablespoon hot water
1 teaspoon sesame seeds

Preparation:

Place a large pot with steamer basket and ½" inch of water over high heat and cover. When the water begins to boil, place the broccoli in the basket, cover and steam for five minutes.

While the broccoli is steaming, combine the miso, tahini, lemon juice and hot water in a small bowl to make the sauce.

Plate the broccoli, drizzle with the sauce and sprinkle with the sesame seeds, serving immediately.

Nutritional Information Per Serving:

Calories: 74
Fat: 2g
Carbs: 13g
Fibre: 5g
Protein: 5g