

Task Activity: Steamed Broccolini w/ Bragg Liquid Aminos

Plant-Based Cooking: An Introduction > Task 82 > Task Activity

Steamed Broccolini w/ Bragg Liquid Aminos by Dawn T

Steamed broccolini is misted with Bragg Liquid Aminos and tossed with chili flakes and sesame oil for a healthy side dish.

Serves: 2 Active Time: 10 mins Total Time: 10 mins

Views: 20937 Success 100%

Step 1: Steaming the Broccolini

Description

Set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

Ingredients

- 1 bunch broccolini
- pinch sea salt

Wash the broccolini and trim off the stem ends. Transfer the broccolini to the steaming basket and sprinkle with a pinch of salt. Place over the simmering water. Steam for approximately 3 to 5 minutes or until tender and cooked to your liking.

Step 2: Dressing the Broccolini

Description

Once the broccolini is cooked, transfer to a large bowl and spray with the Bragg. Sprinkle the chili flakes over top and drizzle with the sesame oil. Toss gently to combine.

Ingredients

- 1/8 tsp red chili flakes
- 1/4 tsp sesame oil
- Bragg Liquid Aminos (to taste)

Transfer to a serving bowl and serve immediately.

Note: If desired, substitute soy sauce in place of Braggs aminos.