

Task Activity: Steamed Broccolini w/ Bragg Liquid Aminos

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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

Ingredients

- 1 bunch broccolini
- pinch sea salt

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.

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

Ingredients

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

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.

Transfer to a serving bowl and serve immediately.

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