Sesame Broccoli

PREP TIME: 10 MIN | COOK TIME: 5 MIN | SERVINGS: 2

INGREDIENTS:
- 1 pound broccoli (~1 head)
- 1 tsp salt
- 1 Tbsp sesame seeds (see recipe note)
- 1 Tbsp sesame oil
- 1/2 tsp minced garlic
- salt to taste

DIRECTIONS:
- Rinse broccoli head. Cut off the stem. Cut the head into small florets. Peel the stems and cut into small pieces.
- Bring a large pot of water to a boil. Add a teaspoon of salt and broccoli, and cook for 1 to 2 minutes, or until it reaches the desired tenderness.
- Drain and immediately shock in cold water to stop cooking. Drain well.
- In a bowl, combine cooked broccoli, sesame seeds, sesame oil, minced garlic, and salt. Toss well to evenly coat.
- Enjoy immediately.
- Refrigerate any leftover and enjoy within 5 days.

RECIPE NOTES:
- Use bagged broccoli florets to cut down on prep time.
- For added flavor, toast the sesame seeds: In a pan, roast over medium-low heat for 4 to 5 minutes. Stir occasionally.

RECIPE ADAPTED FROM KOREANBAPSANG.COM