

# Marinated Broccoli

From – *The Cleaner Plate Club*

1 head broccoli – cut into florets  
1 Tbsp sesame oil  
1 garlic clove – minced  
1 Tbsp soy sauce  
2 Tbsp honey  
1 Tbsp rice wine vinegar  
1 tsp lemon juice  
1 tsp grated lemon zest  
1 tsp sesame seeds  
1 Tbsp chopped fresh cilantro – optional  
pinch crushed red pepper flakes-optional

- Steam the broccoli for 5 minutes, plunge into cold water to stop the cooking, drain and set aside.
- Heat the oil in a small saucepan over medium-high heat.
- Add the garlic and saute for 2 minutes.
- Stir in the soy sauce, honey, vinegar, lemon juice, and lemon zest, then remove from heat.
- Pour the sauce over the broccoli and toss to combine.
- Cover and refrigerate for at least 2 hours.
- Garnish with sesame seeds and optional cilantro and pepper flakes.



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