

Honey Miso Dressed Tenderstem® Broccoli



with Chilli and Sesame Seeds

Special Sides 25 Minutes • 1 of your 5 a day • Veggie





Tenderstem® Broccoli













Soy Sauce

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Baking Tray, Zester and Saucepan.

Ingredients

	2P		
Tenderstem® Broccoli**	200g		
Red Chilli**	1		
Lime**	1/2		
Sesame Seeds 3)	15g		
Miso Paste 11)	22g		
Honey	1 sachet		
Soy Sauce 11) 13)	½ sachet		
*Not Included **Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	160g	100g
Energy (kJ/kcal)	564 /135	353 /84
Fat (g)	6	4
Sat. Fat (g)	1	1
Carbohydrate (g)	16	10
Sugars (g)	10	6
Protein (g)	7	4
Salt (g)	1.86	1.16

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

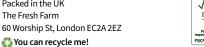
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Cook the Broccoli

- a) Preheat your oven to 200°C.
- **b)** Halve any thick **broccoli** and pop onto a baking tray.
- c) Drizzle with oil and roast on the top shelf of your oven until tender and starting to brown, 8-12 mins.



Add the Flavour

- a) Meanwhile, halve the chilli lengthways, deseed then finely chop.
- b) Zest and halve the lime.
- c) Heat a small saucepan on a medium-high heat dry (no oil).
- d) When hot, add the **sesame seeds** and cook stirring frequently until golden brown, 2-3 mins. TIP: Watch them like as hawk as they can burn easily. Transfer to a plate.



Make the Dressing

- a) Return the saucepan to the heat with the miso, honey and soy sauce (see ingredients for the amount you need).
- b) Mix well, bring to the boil and remove from the heat.
- c) Add the chopped chilli (use less if you don't like heat), lime zest and a squeeze of lime juice.
- d) Once the **broccoli** has cooked, pop it onto a sharing plate and pour over the dressing, then sprinkle on the toasted sesame seeds.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.