

Miso and Sesame Broccoli

Equipment needed –

Wok, small knives, chopping board, measuring spoons and cups, micro plane and a small bowl.

Ingredients from the Garden –

- 1 kg of broccoli

Ingredients from the Pantry –

- 2 tablespoons of sesame seeds
- 2 tablespoons of yellow miso paste
- 4 tablespoons of mirin
- ½ cup of vegetable stock
- 2 teaspoons of finely grated ginger

What to do –

1. Wash and chop the broccoli into florets and set aside.
2. Finely grate 2 teaspoons of fresh ginger.
3. Measure out 2 tablespoons of miso paste, place in a small bowl and set aside.
4. Measure out 4 tablespoons of mirin, place in a small bowl and set aside.
5. Bring the kettle to the boil and make up ½ cup of vegetable stock according to packet directions. Add the stock to the small bowl.
6. Heat the wok over a medium heat. Measure out 2 tablespoons of sesame seeds, add to the hot wok and cook, stirring for 3 minutes or until toasted.
7. Add the grated ginger and the bowl of miso, mirin and stock to the pan and cook for 2 minutes.
8. Add the broccoli and toss to coat.
9. Cover and cook for 3-4 minutes or until the broccoli is just tender.
10. Divide the broccoli evenly amongst 3 serving platters to serve.

Serves –

- 28 students.