

## Sesame Broccoflower® Stir Fry

### **Ingredients:**

1 Tablespoon cornstarch	1-1/4 chicken stock or broth
1/8 cup chicken stock	2 Tablespoons soy sauce
1 Tablespoon sesame oil	2 Tablespoons toasted sesame seeds
1 head Broccoflower®, cut into 1" pieces	
1/2 cup red onion, sliced	
1/2 cup red bell pepper, sliced	

### **Directions:**

Dissolve cornstarch in 1/8 cup chicken stock. Heat wok or frying pan over high heat. Add sesame oil to coat pan. Add Broccoflower®, red peppers, stir-fry for 1 minute. Add red onion, 1 Tablespoon sesame seeds and continue to cook for one minute. Add chicken stock and bring to a boil. Add cornstarch mixture and soy sauce and bring back to a boil while stirring. When sauce has thickened, remove from heat. Place in serving dish and sprinkle remaining sesame seeds on top.

**Serves: 4**

**Preparation Time: 15-20 minutes**



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*Recipe created for Tanimura & Antle by Chef Don Ferch.*

**Hint:** You can use canned chicken stock or vegetable stock.