

ONE BITE

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Roasted Broccoli with Miso-Tahini-Tamari Sauce

By Lisa Turner

Quick, easy and attractive, roasted broccoli is dressed with a nourishing and tasty Asian-style miso and tahini dressing for a great light meal

Makes 4 servings

Ingredients:

- 1 head of broccoli, cut into florets and 1-inch pieces
- 2 tablespoons sesame or coconut oil
- 1/4 cup sesame seeds
- 2 green onions, green parts, thinly sliced

Sauce:

- 1/4 cup spring water
- 1/4 cup white (shiro) miso
- 1/4 cup tahini
- 1 tablespoon rice vinegar
- 1 tablespoon tamari (soy) sauce
- 2-inch piece fresh ginger, finely grated
- 2 teaspoons agave syrup
- 1/4 teaspoon cayenne
- 2 tablespoons sesame oil
- 1 tablespoon toasted sesame oil

Instructions:

- Preheat an oven to 425° and line a baking sheet with parchment paper.
- Toss the broccoli with the sesame oil and arrange on the baking sheet. Roast for 15 minutes, turning the pieces once or twice. If you prefer your broccoli to be a little more tender, roast for 20 minutes.
- Meanwhile, toast the sesame seeds in small dry skillet or saucepan over low heat, turning occasionally, until golden brown, about 15 to 20 minutes.

Roasted Broccoli with Miso-Tahini-Tamari Sauce

- Combine the water, miso, tahini, rice vinegar and tamari sauce in a mixing bowl and let the miso and tahini soak in the liquid for a while to soften up. Mix together well, then stir in the ginger, agave syrup, cayenne, and sesame oils.
- Arrange the roasted broccoli on plates and drizzle sauce over each serving. Scatter the toasted sesame seeds and slices of green onion over each plate and serve.
- Alternately, place the broccoli, toasted sesame seeds, green onions and sauce in a large mixing bowl. Toss all of the ingredients together and serve.



About the author...

Lisa is based in London, Ontario, a veteran vegetarian for 27 years, she serves up a collection of delicious culinary creations from her kitchen, with an emphasis on spicy Indian dishes and whole foods. If you want to know what sensible vegetarians eat, Lisa's Kitchen is the place to be.

[Check out her website.](#)

