

BROCCOLI WITH GARLIC AND CASHEWS

Inspired by a recipe from The Vegan Table by Colleen Patrick Goudreau.

 20 minutes

 6 portions

INGREDIENTS

- 7 cups chopped of broccoli, raw (637 g)
- 1 tbsp of oil, canola (14 g)
- 4 cloves of garlic, raw (12 g)
- 3 packed tsps of sugars, brown (14 g)
- 2 tbsps of soy sauce made from soy (tamari) (36 g)
- 1 tsp of vinegar, cider (5 g)
- 1/3 cups, whole of nuts, cashew nuts, oil roasted, with salt added (43 g)

COOKING METHOD

- Heat oil in a large skillet over medium heat. Add the garlic and sauté briefly until fragrant. Add the broccoli and stir fry. Add a little water to keep the broccoli from burning, if needed. Cover with a large lid and allow the broccoli to steam 2-3 minutes. In a separate small bowl, mix together the tamari/soy sauce, unseasoned rice vinegar or apple cider vinegar, and brown sugar. Remove the lid from the skillet and add the sauce, stirring well. When sauce has just thickened, and broccoli is cooked tender crisp, remove from heat and stir in the chopped cashews.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (127 g)	% DRI
ENERGY	90 kcal	113 kcal	6 %
FAT	5 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	310 mg	393 mg	16 %
CARBOHYDRATE	10 g	12 g	4 %
SUGARS	4 g	5 g	—
FIBER	2 g	3 g	12 %
PROTEIN	4 g	5 g	—