

Broccoli stir fry:

Amount used: 1 large head of broccoli

1. Cut broccoli into bite size pieces and wash thoroughly and drain.
2. Chop 5-6 cloves of garlic in very small pieces.
3. Heat a non-stick pan and add 1 tbsp. butter
4. Once butter is melted add broccoli
Let this fry for about 3-4 min
5. Add chopped garlic
6. Add 1 tsp sesame oil.
7. Stir thoroughly and add salt to taste.
8. Optional: add a few pepper flakes to make things spicy.
9. When garlic looks toasted brown (not burnt) turn off stove and serve.