Bang Bang Broccoli

Broccoli is a cruciferous vegetable and that family of vegetables is linked to lower rates of chronic disease and many other health benefits. This delicious recipe is a great pairing with many main dishes.

SERVINGS: 4



Ingredients

- 2 heads broccoli, broken into florets
- 1½ Tbsp extra virgin olive oil
- 1 Tbsp cornstarch
- 3 Tbsp panko or cornflake breadcrumbs
- 1 Tbsp nutritional yeast
- 1 tsp paprika
- ¼ cup tahini
- 2 Tbsp sriracha, adjust to your desired spice level
- 1 Tbsp sweet chili sauce, heaping
- 2 Tbsp water, to thin, if needed
- 1 tsp sesame seeds, or to taste

Directions:

1. Break the broccoli into florets, and transfer to a large bowl. Coat in the olive oil, then add cornstarch, breadcrumbs, nutritional yeast, and paprika. Toss until evenly covered.
2. Transfer to the sheet pan, and roast for 20 minutes, tossing halfway through, until golden.
3. While the broccoli bakes, prepare the sauce by combining the tahini, sriracha and sweet chili sauce in a bowl. Stir until completely smooth. Add water 1 tablespoon at a time to thin until the sauce is shiny and pourable.
4. Once the broccoli is done baking, remove from the oven and drizzle the sauce over the top. Toss and top with sesame seeds, if desired.

Source: Plantyou.com