



---

Posted on 11 November 2015

*by ewfood*

## Broccoli with Black Bean-Garlic Sauce



## Ingredients

1 teaspoon sesame seeds  
1/2 cup water, divided  
1 teaspoon rice-wine vinegar, or white-wine vinegar  
1 teaspoon cornstarch  
2 teaspoons black bean-garlic sauce, (see Ingredient note)  
2 teaspoons canola oil  
1 clove garlic, minced  
4 cups broccoli florets

## Preparation

- 1 1.
- 2 Toast sesame seeds in a small dry skillet over medium-low heat, stirring constantly, until lightly browned and fragrant, 2 to 3 minutes. Transfer to a bowl to cool.
- 3 2. Mix 1/4 cup water, vinegar and cornstarch in a small bowl. Add black bean sauce and stir until smooth.
- 4 3. Heat oil in a large nonstick skillet or stir-fry pan over medium-high heat. Add garlic and stir-fry until fragrant, about 30 seconds. Add broccoli and stir to coat. Add the remaining 1/4 cup water
- 5 cover and steam just until the broccoli is tender-crisp, 1 to 3 minutes. Push broccoli to the sides and pour the sauce mixture in the center. Stir until the sauce begins to thicken, about 1 minute. Stir in the broccoli to coat. Serve immediately, sprinkled with the sesame seeds.

## Cooks Note

---