



Miso BROCCOLINI® baby broccoli Grain Bowl

Servings

4

Calories

900

Prep Time

15 minutes

Total Time

40 minutes

Skill Level

Medium

Ingredients

- 2 bunches Mann's BROCCOLINI® baby broccoli (about 15-18 stalks)
- 2 tablespoons olive oil
- 3 cloves of garlic, minced
- 2 cups cooked freekeh or other whole grain (quinoa, faro, etc)
- 2 cups finely shredded red cabbage
- 4 eggs, hardboiled and sliced in half lengthwise
- Miso Sesame Dressing (recipe below)
- Crispy shallots (recipe below)
- Toasted sesame seeds for garnish



For Miso Sesame Dressing

- 3 tablespoons white miso paste
- ¼ cup hot water
- 1 small garlic clove, minced
- 1 tablespoon sesame oil
- 2 tablespoons brown sugar
- 2 tablespoons rice vinegar

For Crispy Shallots

- 1 cup canola oil
- 3 large shallots, peeled and sliced thinly lengthwise



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The Method

Preheat oven to 425°F. In a mixing bowl, toss BROCCOLINI® baby broccoli with olive oil, salt and pepper. Spread on a baking sheet in a single layer, and roast for 10 minutes. Add garlic, toss and roast for another 10 minutes until the BROCCOLINI® baby broccoli has caramelized a bit. Remove from the oven and allow to cool for several minutes.

For each bowl, add ½ cup freekeh, 6-7 stalks of the roasted BROCCOLINI® baby broccoli, ½ cup cabbage, and 2 halves hardboiled egg. Drizzle the dressing over the top and garnish with the crispy shallots and toasted sesame seeds.

For dressing

In a small bowl, combine the miso and hot water and stir until the paste is dissolved. Add the rest of the ingredients and whisk well to combine.

For shallots

Place oil and shallots together in a small saucepan. Place the pan over medium heat and cook gently, stirring occasionally, about 20 minutes until the shallots gradually turn golden brown.

Drain shallots well and blot them dry on paper towels; they will become crisp as they cool. Sprinkle lightly with salt.

Nutrition Facts

Serving Size: 413g | Servings: 4

Amount Per Serving

Calories 900 | Total Fat 77g (sat fat 9g trans 0g) | Cholesterol 450mg | Sodium 290mg | Total Carbohydrate 33g | Dietary Fiber 8g | Sugars 6g | Protein 23g | Vitamin D 10% | Calcium 10% | Potassium 15%