

# SPICY STIR-FRY BROCCOLI

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## Ingredients

1 large head Broccoli,  
cut into small florets

2 teaspoons Sesame Oil

2 teaspoons Grapeseed  
Oil

½ yellow Onion, sliced  
into strips

2 Tablespoons fresh  
Ginger, minced

3 cloves Garlic, minced

3 Tablespoons Soy  
Sauce

2 Tablespoons GDG  
Hot Pepper Jelly

## Directions

If you prefer a softer result, blanch the florets in boiling water or steam in the microwave with a little water.

In a sauté pan or wok over medium-high heat add Sesame Oil and Grapeseed Oil with Onion and toss to coat. Add Garlic and Ginger until fragrant and then Broccoli. After a minute and before Garlic gets too dark, pour in Soy Sauce & Hot Pepper Jelly.

Allow to coat and combine with the florets before serving with Steamed Rice or Noodles.