Sesame Broccoli Pasta
from myrecipes.com
- Vegan/Vegetarian friendly
- Major Allergens: Wheat (pasta)

Level of Difficulty: 🟢🟢🟢🟢

4 Servings
Nutrition Facts per Serving:
Calories: 484  Protein (g): 15
Fat (g): 24   Carbohydrate (g): 52

Ingredients:
- 1-pound broccoli crowns
- 8 ounces dried regular or whole-wheat rigatoni pasta
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger
- 1/2 teaspoon cumin seeds
- 1 tablespoon canola oil
- 2/3 cup canned coconut milk
- 1/4 cup tahini (sesame paste) or old fashioned-style peanut butter
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame oil
- Hot sauce
- Lime wedges
- Salt

Instructions:
1. Rinse broccoli. Trim off leaves and stem ends. Cut crowns into 1- to 1 1/2-inch florets, and thinly slice stalks crosswise.
2. Cook pasta according to package directions.
3. Meanwhile, heat the canola oil in a large skillet over medium-low heat. Stir in garlic, ginger, and cumin until garlic is soft, 3 to 5 minutes. Increase heat to medium. Add broccoli and 1/4 cup water. Cover and cook just until broccoli is vibrant green and crisp, about 2 minutes.
4. In a small bowl, mix coconut milk, tahini, soy sauce, and sesame oil. Add to broccoli mixture; stir often just until simmering.
5. Drain pasta and return to pan. Gently stir in broccoli mixture. Spoon into a serving bowl. Serve with hot sauce, lime wedges, and salt to taste.