



### **Broccoli Rabe With Black Sesame Seeds**

#### **Ingredients:**

1/2 Spanish onion, chopped  
1 head of broccoli  
Salt and pepper  
2 shiitake mushrooms  
Extra virgin olive oil as needed  
Black sesame seeds

#### **Preparation:**

Begin to sautee the onions with a pinch of salt.  
Meanwhile quickly blanch the broccoli.  
When onions begin to soften, add in broccoli and saute together on high heat.  
Separately, sautee the mushrooms with black sesame seeds and remove when they are just about done.  
Add to pan of broccoli and lower heat.  
Continue cooking all together, add in more toasted sesame seeds and serve hot.  
Optional: Drizzle sesame oil just before serving.

**(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)**

