



by Michelle

The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Broccoli Stir Fried with Orange, Ginger and Pine Nuts

- 1 bunch broccoli
- ¼ cup pine nuts
- 1 tablespoon vegetable oil
- ¼ cup orange juice
- 1 teaspoon hoisin sauce
- 1 teaspoon cornstarch
- 2 cloves of garlic, minced
- 1 tablespoon ginger, minced
- 1 teaspoon rice wine vinegar

Cut broccoli stems in half.

Peel stems to the base of the floret then set aside.

In a large pot of boiling water, blanch broccoli for 3 minutes then immerse in ice water.

Heat a large skillet over medium heat.

Add pine nuts, stirring, until golden.

Transfer to small bowl and set aside.

Heat oil in same pan over medium-high heat.

Stir-fry broccoli for 2 minutes. Add minced garlic and ginger, saute 2 minutes.

Meanwhile, whisk together orange juice, hoisin sauce, cornstarch and vinegar then pour into pan.

Cook, stirring, until sauce has thickened and broccoli is glossy and coated, about 1 minute.

Sprinkle with toasted pine nuts.

THE LOVE: Don't drain all the water from your broccoli before you add it to the skillet. The extra water will steam away and leave your broccoli fork tender.