Broccoli

SPICY BROCCOLI SALAD

Makes approximately 6 servings

INGREDIENTS

- 3 cups chopped broccoli
- ¼ cup sunflower seeds, salted
- 1/4 teaspoon garlic powder
- 1 teaspoon sugar
- juice from half of one lime
- 1/4 teaspoon hot sauce
- 1½ teaspoons soy sauce

- 1 teaspoon fish sauce (optional)
- 1 tablespoon oil

SUPPLIES

- 1 large bowl
- small bowl
- measuring spoons
- measuring cups
- mixing spoon

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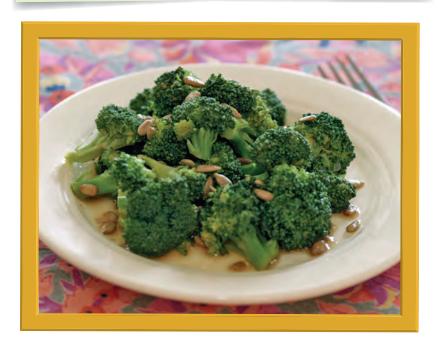
INGREDIENTS

- 3 cups chopped broccoli
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SUPPLIES

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- small bowl
- measuring spoons
- measuring cups
- mixing spoon





NOTE TO GROWN-UPS

Though the list of ingredients may look long, this is a very simple recipe. Most of the ingredients get stirred together to make the dressing.

DIRECTIONS



- 1. Invite your child to wash their hands and join you for a cooking activity.
- 2. Measure and add the broccoli to the large bowl.
- 3. Measure and add half the sunflower seeds.
- 4. Measure and add the garlic powder and sugar in the small bowl.
- 5. Squeeze the juice from the lime and add it to the mixture.
- 6. Measure and add the hot sauce, soy sauce and fish sauce to the mixture.
- 7. Stir these ingredients until well combined.
- 8. With a fork, whisk the oil into the lime mixture until well blended.
- 9. Pour over the broccoli and sunflower seeds.
- 10. Stir until all the ingredients are well combined.
- 11. Cover and refrigerate for 1 hour or until ready to serve.
- 12. Sprinkle the remaining sunflower seeds over the salad.
- 13. Eat and enjoy!

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