



BROCCOLINI® baby broccoli Tempura & Dipping Sauces

Servings

4-6

Calories

540

Prep Time

30 minutes

Total Time

35 minutes

Skill Level

Medium

Ingredients

2 bunches Mann's BROCCOLINI® baby
broccoli (about 15-18 stalks)
1 ½ cups water, ice cold
3 tablespoons soy sauce, or teriyaki sauce
1 egg, beaten
1 cup flour, sifted
lemons, wedged
vegetable oil (for frying)



Peanut Dipping Sauce

¼ cup soy sauce
¼ cup creamy peanut butter
2 tablespoons sugar
2 tablespoons rice wine vinegar
1 tablespoon vegetable oil
¼ teaspoon crushed red pepper
2 scallions, thinly sliced, including tops

Combine all and blend.



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Teriyaki Dipping Sauce

¾ cup sour cream

⅓ cup mayonnaise

1 tablespoon minced green onions

1 tablespoon parsley

1 tablespoon teriyaki sauce

Combine all and blend.

Tempura Dipping Sauce

1 cup soy sauce

½ cup water

⅜ cup seasoned rice vinegar

4 teaspoons sugar

¼ cup scallions, thinly sliced

Stir together soy sauce, water, rice, vinegar, and sugar until sugar is dissolved. Just before serving, stir in scallion. Serve immediately.

The Method

Preheat 2" of oil to 375° F on a deep-fry thermometer. Preheat oven to 300° F. In large bowl, mix together water, soy sauce and egg. Add flour and mix lightly until batter is just blended. (Some lumps are okay.) Working in small batches, dip BROCCOLINI® baby broccoli in batter and deep-fry about 30 seconds until lightly browned. Drain on paper towels. Keep warm in the oven while you fry the remaining BROCCOLINI® baby broccoli. Serve warm, with lemon wedges on the side.

Nutrition Facts

Serving Size: 140g | Servings: 8

Amount Per Serving

Calories 540 | Calories from Fat 250 | Total Fat 28g (sat fat 8g trans 0g) | Cholesterol 60mg | Sodium 2610mg | Total Carbohydrate 58g | Dietary Fiber 6g | Sugars 31g | Protein 16g | Vitamin A 20% | Vitamin C 90% | Calcium 10% | Iron 25%