

Broccoli in Hoisini Sauce

Serves 1 – 2 people

For the broccoli

- 5 cups (500 g/1.2 lb) small broccoli florets
- 3 tablespoons olive oil

1. Mix all ingredients together in a large bowl and massage with your hands until the broccoli becomes softer. Then leave to stand for 10 minutes.
2. Transfer the broccoli to a nonstick dehydrator tray and dehydrate for 4 hours at 105 degrees F. You may find it



useful (but not essential) to turn the tray around halfway through, as the broccoli closest to the fan will dry quicker.

For the sauce

- 1/4 cup tahini
 - 1 teaspoon lemon juice
 - 1 teaspoon yacon syrup or agave
 - 1 teaspoon apple cider vinegar
 - 3 teaspoons tamari
 - 1/2 of a garlic clove
 - 1/2 of a small de-seeded chili
 - 1/2 cm cube of fresh ginger
1. Blend all ingredients in a high-speed blender.
 2. Mix with dehydrated broccoli when ready to serve.
 3. Serve with brown rice

Recipe by Russel James the Raw Chef