

Beef and Broccoli

Tender marinated beef and broccoli in a savory garlic-ginger brown sauce.

Beef and Broccoli finished dish

Ingredients

- 450 g flank steak, thinly sliced
- 400 g broccoli florets
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp cornstarch
- 120 ml beef stock
- 2 garlic cloves, minced
- 1 tsp grated ginger
- 2 tbsp neutral oil

Method

1. Marinate beef with soy and a little cornstarch for 15 minutes.
2. Blanch broccoli 1 minute and drain.
3. Sear beef quickly in hot wok; remove.
4. Stir-fry garlic and ginger, then add stock, soy, oyster sauce, and cornstarch slurry.
5. Return beef and broccoli; toss until sauce coats everything.

Notes

Chinese-American style preparation; adjust sweetness, acidity, and heat to taste.

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