

Broccoli Beef

Serves Four

Ingredients

For the Beef

- 1 pound flank or top sirloin steak, cut into thin strips
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 shallot, minced
- 1 garlic clove, minced
- 1 tablespoon canola oil
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce

For the Sauce

- 1 teaspoon fresh ginger, grated
- 2 cloves garlic, minced
- 3 tablespoons low sodium soy sauce
- 1 ½ tablespoons cornstarch
- 1 ½ cups chicken stock
- 1 tablespoon brown sugar, packed
- Couple pinches of red pepper flakes or a splash of sriracha

For the rest

- 1 tablespoon canola oil
- 1 pound broccoli crowns cut into florets (about 6 cups)
- 1 tablespoon sesame seeds
- 2 scallions, thinly sliced (or chives)



Steps

- 1. Marinate the beef.** In a medium-sized bowl combine the beef with salt, pepper, shallot, garlic, canola oil, sesame oil and soy sauce. Stir well. Cover and refrigerate for 2 hours.
- 2. Make the sauce.** In a small bowl combine the ginger, garlic, soy sauce, corn starch, chicken stock, brown sugar and red pepper flakes. Set aside.
- 3. For the broccoli beef.** Heat one tablespoon canola oil in a large skillet over high heat. Add the broccoli and cook on high for 3 minutes, stirring often. If you want softer broccoli, add ¼ cup water and put the lid on. Lower heat to medium and allow broccoli to steam for a minute or two. Remove broccoli to a large bowl. In the same skillet, add the meat and all the juice from the marinade. Return heat to medium-high sauteing meat until cooked through. Remove meat to the bowl with the broccoli.
- 4.** Add the sauce to the skillet and cook over medium-high heat, whisking, until it begins to thicken. Taste for seasoning. Add the broccoli and beef back in, turning to coat. When mixture has thickened and broccoli and beef have had a chance to heat up, remove from heat. Top with sesame seeds and scallions and serve hot. *This is great over rice.