

BEEF AND BROCCOLI STIR FRY



Ingredients:

- 1 lb flank steak, sliced thinly
- 3 cups broccoli florets
- 1/2 cup soy sauce
- 1/4 cup oyster sauce
- 2 tablespoons brown sugar
- 2 cloves garlic, minced
- 1 teaspoon ginger, minced
- 1 tablespoon cornstarch
- 1/4 cup water
- 2 tablespoons vegetable oil
- Sesame seeds for garnish
- Cooked rice for serving

Instructions:

Prep Time: 15 min. | Cooking Time: 10 min. | Servings: 4

Step 1: Marinate Beef

In a bowl, combine sliced flank steak with soy sauce, oyster sauce, brown sugar, garlic, and ginger. Let it marinate for at least 30 minutes.

Step 2: Blanch Broccoli

Bring a pot of water to a boil and blanch broccoli florets for 2 minutes. Remove and set aside.

Step 3: Make Sauce

In a small bowl, mix cornstarch with water to create a slurry. Stir into the marinade sauce.

Step 4: Stir Fry

Heat vegetable oil in a wok or large skillet over high heat. Add marinated beef and stir fry until browned. Add in blanched broccoli and sauce. Cook until the sauce thickens.

Step 5: Serve

Sprinkle sesame seeds over the beef and broccoli stir fry. Serve hot over cooked rice.