Beef & Broccoli Stir-Fry

Thin beef strips and crisp-tender broccoli in a glossy sauce.



SERVES
4

PREP
20 min

COOK / ASSEMBLY
15 min

Ingredients

- 1 lb flank steak, sliced thinly across the grain
- 1 tbsp cornstarch, for beef
- 1 tbsp neutral oil, plus 1 tbsp for frying
- 5 cups broccoli florets
- 1/3 cup low-sodium soy sauce
- 1/3 cup water
- 2 tbsp brown sugar
- 1 tbsp rice vinegar
- 3 garlic cloves, minced
- 2 tsp grated ginger
- 2 tsp cornstarch, for sauce
- 1 tsp toasted sesame oil
- 3 cups cooked rice, to serve
- Sesame seeds, optional

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How to Make It

1. Toss beef with 1 tbsp cornstarch and 1 tbsp oil. Whisk soy sauce, water, sugar, vinegar, garlic, ginger and 2 tsp cornstarch in a bowl.

2. Steam broccoli with 3 tbsp water in a covered hot skillet for 3 minutes; transfer out and dry the pan.

3. Heat remaining oil over high heat. Sear beef in batches in a single layer until browned and cooked through, about 2-3 minutes per batch.

4. Return broccoli. Whisk sauce again and add; toss 1-2 minutes until thickened and bubbling. Stir in sesame oil.

5. Serve over rice with optional sesame seeds.

Jane's Note

Cut the beef across the grain; a crowded skillet steams it instead of browning.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.