



Asian Beef and Broccoli

THE ESSENTIALS:

- 1 Flank Steak
- 2 tbsp Cornstarch

MARINADATE

- 2 tsp Rice Vinegar
- 1 tbsp Soy Sauce
- 1 tbsp Oyster Sauce
- 1 tsp Sesame Oil

SAUCE

- 4 tsp Vegetable Oil
- $\frac{1}{2}$ c Onion, sliced
- 2 tbsp Garlic, minced
- 2 tbsp Ginger, minced
- $\frac{2}{3}$ c Cold Water
- $\frac{1}{3}$ c Beef Broth
- 2 tbsp Soy Sauce
- 1 tbsp Oyster Sauce
- $\frac{1}{2}$ tsp Pepper
- 1 lb Broccoli, cooked

PAN TO PLATE:

1. Slice beef thin. Toss with 1 tbsp cornstarch. Add marinade ingredients, coat well, and refrigerate 30 minutes.
2. Heat 1 tsp oil in skillet. Cook onion and garlic 2–3 minutes; remove.
3. Remove beef from marinade. Stir-fry beef with ginger for 2–3 minutes until browned. Set aside with onions.
4. Mix 1 tbsp cornstarch with cold water.
5. In skillet, combine broth, pepper, soy sauce, oyster sauce, and cornstarch mixture. Bring to a boil, stirring until thickened. Simmer 5 minutes.
6. Add beef and broccoli to sauce. Cook until heated through.
7. Serve over rice.