

Asian Beef And Broccoli

Flank Steak and broccoli are doused with a flavorful sesame-ginger sauce. Try this recipe with rice or rice noodles.

INGREDIENTS

1 beef Flank Steak (about 1-1/2 pounds)
 2 tablespoons cornstarch, divided
 2 teaspoons seasoned rice vinegar
 1 tablespoon reduced-sodium soy sauce
 1 tablespoon oyster sauce
 1 teaspoon sesame oil
 4 teaspoons vegetable oil, divided
 1/2 cup thinly sliced onion
 2 tablespoons minced garlic
 2 tablespoons minced fresh ginger
 2/3 cup cold water
 1/3 cup reduced-sodium beef broth
 2 tablespoons reduced-sodium soy sauce
 1 tablespoon oyster sauce
 1/2 teaspoon pepper
 1 pound broccoli florets, cooked
 3 cups cooked jasmine rice or cooked rice noodles
 Toasted sesame seeds, sesame oil (optional)



1.00
Hours



6
Servings



42 Cal



30g
Protein

COOKING

1. Cut beef steak lengthwise in half, then crosswise 1/8 to 1/4 inch thick . Toss beef with 1 tablespoon cornstarch in large bowl. Add marinade ingredients to bowl; toss to evenly coat beef. Cover and marinate in refrigerator 30 minutes.

2. Heat 1 teaspoon vegetable oil in large nonstick skillet on medium-high until hot. Add onion and garlic; stir fry 2 to 3 minutes or until onion begins to brown. Remove from skillet to large bowl. Remove beef from marinade; discard marinade. Heat 1 teaspoon vegetable oil in same skillet until hot. Add a third of the beef with third of ginger; stir-fry 2 to 3 minutes until outside surface of beef is no longer pink. Add to bowl with onion. Repeat twice with remaining oil, beef and ginger.

3. Dissolve remaining 1 tablespoon cornstarch in cold water in small bowl. Set aside. Heat broth, pepper, soy sauce, oyster sauce and corn starch mixture to same skillet. Bring to a boil, stirring constantly, until sauce is thickened and bubbly. Reduce heat; simmer 5 minutes to desired thickness.

4. Add beef mixture and broccoli to skillet. Cook and stir until heated through. Serve over rice or noodles.

Garnish with toasted sesame seeds or drizzle with sesame oil, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		9g	66mg		39g	30g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com