



Beef and Broccoli Stir Fry

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This recipe for beef and broccoli stir fry is a classic dish of beef sauteed with fresh broccoli florets and coated in a savory sauce. You can have a healthy and easy dinner on the table in less than 30 minutes!

Course Main

Cuisine Asian

Keyword beef and broccoli, beef and broccoli stir fry, chinese beef

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings 4

Calories 266kcal

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Ingredients

- 1 1/4 lbs flank steak thinly sliced
- 1 tablespoon + 1 teaspoon vegetable oil divided use
- 2 cups broccoli florets
- 2 teaspoons minced fresh ginger
- 1 teaspoon minced garlic
- 1/4 cup oyster sauce
- 1/4 cup beef broth or water
- 1 teaspoon sugar
- 2 teaspoons toasted sesame oil
- 1 teaspoon soy sauce
- 1 teaspoon cornstarch
- salt and pepper to taste

Instructions

1. Heat 1 teaspoon of oil in a large frying pan over medium heat. Add the broccoli and cook for approximately 4 minutes or until tender.
2. Add the ginger and garlic to the pan and cook for 30 seconds more.
3. Remove the broccoli from the pan; place on a plate and cover.
4. Wipe the pan clean with a paper towel and turn the heat to high. Add the remaining tablespoon of oil.
5. Season the steak pieces with salt and pepper and add them to the pan in a single layer - you may need to do this step in batches. Cook for 3-4 minutes on each side until browned and cooked through.

6. Add the broccoli mixture back to the pan and cook for 2 more minutes or until warmed through.
7. In a bowl whisk together the oyster sauce, beef broth, sugar, sesame oil and soy sauce. In a small bowl mix the cornstarch with a tablespoon of cold water.
8. Pour the oyster sauce mixture over the beef and vegetables; cook for 30 seconds. Add the cornstarch and bring to a boil; cook for 1 more minute or until sauce has just started to thicken.
9. Serve immediately, with rice if desired.

Nutrition

Calories: 266kcal | Carbohydrates: 6g | Protein: 32g | Fat: 12g | Saturated Fat: 6g | Cholesterol: 85mg | Sodium: 570mg | Potassium: 627mg | Fiber: 1g | Sugar: 1g | Vitamin A: 285IU | Vitamin C: 40.6mg | Calcium: 56mg | Iron: 2.5mg