

MEALTIME HELPER

MAKING MEALTIME EASY

Beef and Broccoli Stir-Fry - Recipe

Prep time: 15 minutes (includes slicing and marinating)

Cook time: 8–10 minutes

Total time: 23–25 minutes

Servings: 4

Ingredients

- 1 lb (450 g) flank steak, skirt steak, or sirloin, thinly sliced against the grain
- 2 cups broccoli florets (about 1 medium head)
- 3 tablespoons vegetable oil (divided)
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger, grated or minced (optional but recommended)
- 3 scallions, sliced (white and green parts separated)
- 1 teaspoon toasted sesame oil (finish, optional)

Marinade for beef:

- 2 tablespoons soy sauce (or tamari)
- 1 tablespoon Shaoxing wine or dry sherry (or 1 tsp rice vinegar)
- 1 teaspoon cornstarch
- 1 teaspoon vegetable oil

Stir-fry sauce:

- 3 tablespoons low-sodium soy sauce
- 2 tablespoons oyster sauce (or hoisin for vegetarian-style)
- 1 tablespoon rice vinegar or mirin
- 1 tablespoon brown sugar or honey
- 1/4–1/3 cup beef or chicken broth (or water)
- 1 teaspoon cornstarch mixed with 1 tablespoon water (slurry — optional, for thicker sauce)

To serve:

- Steamed rice or noodles

- Sesame seeds (optional)

Directions

1. **Slice and marinate the beef:** Thinly slice the beef across the grain into 1/8–1/4-inch strips. In a bowl, combine soy sauce, Shaoxing wine, cornstarch, and oil. Add beef, toss to coat, and let sit 10 minutes while you prep veggies.
2. **Make the sauce:** Whisk together soy sauce, oyster sauce, rice vinegar, brown sugar, and broth in a small bowl. Set aside the cornstarch slurry separately if you want a thicker sauce.
3. **Blanch or steam broccoli (optional for tender-crisp):** Bring a pot of water to boil, add broccoli for 1 minute, then drain and plunge into ice water to keep bright green. Drain and set aside. (Skip this step and simply stir-fry longer if you prefer.)
4. **Heat the wok/skillet:** Heat a wok or large heavy skillet over high heat until very hot. Add 1 tablespoon oil and swirl.
5. **Quick-sear the beef:** Add marinated beef in a single layer (work in batches to avoid crowding). Stir-fry 1–2 minutes until just browned but not fully cooked through. Remove beef to a plate and set aside.
6. **Stir-fry aromatics and broccoli:** Add remaining 1–2 tablespoons oil to the hot pan. Add the white parts of the scallions, ginger, and garlic; stir 20–30 seconds until fragrant. Add broccoli and stir-fry 2–3 minutes until bright and tender-crisp.
7. **Combine and saucify:** Return beef (and any juices) to the pan. Pour the prepared sauce over everything and toss to combine. Bring to a simmer—if using the cornstarch slurry, add it now and cook 30–60 seconds until the sauce thickens and becomes glossy.
8. **Finish:** Drizzle with toasted sesame oil, scatter sliced green scallion tops, and give a final toss. Taste and adjust with a pinch of salt or a splash of soy/vinegar if needed.
9. **Serve:** Spoon over steamed rice or toss with noodles. Sprinkle sesame seeds if desired.

Tips

- Freeze the steak for 15–20 minutes before slicing to make very thin slices easier.
- Work in batches for best sear and to avoid steaming the meat.
- For extra depth, add a splash of fish sauce or 1 tsp chili garlic sauce to the sauce.

- Leftovers keep 2–3 days refrigerated; reheat gently in a skillet with a splash of water or broth.