

# MEALTIME HELPER

MAKING MEALTIME EASY

## Beef and Broccoli Stir-Fry - Shopping List

- **Protein**
  - 1 lb (450 g) flank steak, skirt steak, or sirloin
- **Produce**
  - 2 cups broccoli florets (about 1 medium head)
  - 3 garlic cloves
  - 1 tbsp fresh ginger (small knob)
  - 3 scallions (green onions)
- **Pantry & Sauces**
  - Soy sauce (low-sodium preferred) — ~5 tbsp total
  - Oyster sauce (or hoisin) — 2 tbsp
  - Rice vinegar or mirin — 1 tbsp
  - Brown sugar or honey — 1 tbsp
  - Vegetable oil (neutral oil) — for cooking
- **Broth & Thickeners**
  - 1/4–1/3 cup beef or chicken broth (or water)
  - Cornstarch (small amount — 1–2 tsp total)
- **Finishes & Garnish**
  - Toasted sesame oil (small bottle or 1 tsp)
  - Sesame seeds (optional)
- **To serve**
  - Steamed rice or noodles

### Notes:

- Optional: Shaoxing wine or dry sherry (1 tbsp) for marinade; fish sauce or chili garlic sauce for extra depth.
- If you don't have broth, use water + bouillon.