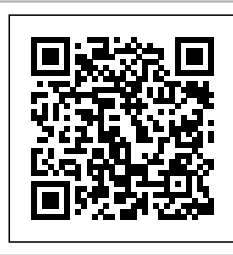


Easy Beef and Broccoli Stir Fry



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Recipe by: Laura Vitale

Serves 4

Prep Time: 10 minutes
Cook Time: 15 minutes

Ingredients

For the Sauce:

- 1 cup of Beef Stock
- 2 Tbsp of Soy Sauce
- 2 Tbsp of Oyster Sauce
- 2 Tbsp of Brown Sugar
- 1 Tbsp of Cornstarch
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For the Steak and Veggies:

- 1lb Sirloin, pop it in the freezer for 15 minutes before slicing into thin little strips
- 1/4 tsp of Baking Soda
- 1/4 tsp of Black Pepper
- 2 Tbsp of Soy Sauce
- 2 Tbsp of Neutral Oil such as Avocado or Canola
- 3 Cloves of Garlic, minced
- 4 cups of Broccoli Florets

1) In a bowl, whisk together the beef stock, soy sauce, oyster sauce, brown sugar, and cornstarch until smooth and set aside.

2) Add the sliced steak to a bowl with baking soda, black pepper, and soy sauce, toss to coat, and let sit for about 15 minutes.

3) Heat 1 Tbsp of oil in a large skillet or wok over high heat, then sear the beef in a single layer until browned, about 2-3 minutes, then remove and set aside.

4) Add the remaining oil, toss in the broccoli, and stir fry for a few minutes until bright green and just tender, add the garlic and cook for about 30 seconds until fragrant.

5) Return the beef to the pan, give the sauce a quick stir, then pour it in and toss everything together. Let it cook for another 1-2 minutes until the sauce thickens and coats everything, then serve immediately.

