Delicious Recipes

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Beef and Broccoli with White Jasmine Rice

INGREDIENTS

1 lb flank steak, sliced thinly against the grain
¼ cup soy sauce
2 tbsp oyster sauce
1 tbsp rice wine vinegar
1 tsp sesame oil
1 tsp cornstarch
2 tbsp avocado oil (or any oil)
1 head broccoli, cut into florets
salt and pepper to taste
2 cloves garlic, minced
1 tbsp fresh ginger, minced
1 tbsp fresh chili pepper, minced
2 cups jasmine rice, washed
bean sprouts to garnish
green onions, sliced to garnish

DIRECTIONS

1. In a small cooking pot, add rice, water and salt, and cook according to rice instructions.

2. In a small bowl, make the sauce by mixing together soy sauce, rice wine vinegar, oyster sauce, sesame oil and cornstarch. Stir or whisk until the cornstarch is fully dissolved. Set the sauce aside.

3. Bring a large pot of water to a boil. Add the broccoli florets and let cook for about 2-3 minutes, or until bright green and tender. Be careful not to overcook. Drain the broccoli and rinse with cold water.

4. Heat a large skillet on high heat. Add 1 tbsp avocado oil, followed by beef. Season with salt and pepper and sear on both sides until browned, about 2 minutes per side. Once ready, remove steak from heat and set aside.

5. In the same pan, turn the heat down to medium, add remaining oil followed by garlic, ginger and chili. Stir until fragrant and be careful not to overcook garlic.

6. Add broccoli back into the pan and stir-fry for 2-3 minutes until tender-crisp.

7. Add beef pack into the pan followed by sauce. Stir-fry until sauce begins to thicken and coats over ingredients evenly. Once ready, add a lid and simmer for 3-5 minutes.

8. Once ready, remove from heat and begin plating over a bed of jasmine rice. Top with sesame seeds, bean sprouts and green onions to serve.