

# Beef and Broccoli Fried Rice

## Ingredients

- 1 lb flank steak
- 1/4 cup soy sauce, plus 3 tablespoons
- 2 tablespoons sesame oil
- 2 tablespoons minced garlic
- 1 tablespoon brown sugar
- 1/2 cup water
- 1 tablespoon cornstarch
- 2 teaspoons oil
- 1/2 cup onion
- 1 cup broccoli floret
- 3 eggs, beaten
- 2 cups cooked white rice
- Pepper, to taste
- Sliced scallions, for garnish

## Steps

1. Slice the 1 lb flank steak
2. Combine the following:
  - 1/4 cup soy sauce
  - 1 tbsp sesame oil
  - 1 tbsp garlic, minced
  - 1 tbsp brown sugar
  - 1/2 cup water
  - 1 tbsp cornstarch
  - 1 lb sliced flank steak
3. Marinate steak in fridge for at least 1 hour
4. In wok or deep skillet, cook beef
5. In same pan, heat the following:
  - 1 tbsp garlic, minced
  - 1/2 cup onion, diced
  - 1 cup broccoli floret
6. Once cooked, push to side of the pan
7. Beat 3 eggs and pour into empty half of pan. Scramble eggs and mix with rest of veggies
8. Add the following and mix:
  - 2 cups cooked rice
  - 3 tbsp soy sauce
  - 1 tbsp sesame oil

- Pepper
- Cooked beef

9. Serve garnished with scallions