Beef & Broccoli Stir Fry

mealime

35 minutes | 2 servings

Find cookware

- chef's knife
- cutting board
- garlic press (optional)
- grater (optional)
- measuring cups
- measuring spoons
- small saucepan
- stainless steel skillet
- stirring spoon
- vegetable peeler

Grab ingredients

2 crowns	broccoli
1 clove	garlic
1 (1 inch) piece	ginger root
½ medium	red onion
¾ lb	striploin (New York strip) steak
	black pepper
	crushed red pepper
	soy sauce
	toasted sesame oil
	virgin coconut oil

Cook & enjoy

1 Wash broccoli. Separate into bite-sized florets and cut stems into smaller pieces. Transfer to a plate.

2 crowns broccoli

2 Heat a skillet over medium-high heat.

3 Peel and thinly slice onion into half rings. Peel and mince garlic. Peel and mince or grate ginger.

½ medium red onion
1 clove garlic
1 (1 inch) piece ginger root

4 Thinly slice steak against the grain into strips.

¾ lb striploin (New York strip) steak

5 Coat bottom of skillet with oil. Add steak and stir fry until browned, 2-3 minutes. Transfer to a plate.

½ tbsp virgin coconut oil

6 Coat skillet with more oil, then add onion, garlic, ginger, and crushed red pepper. Stir fry until onion is softened, 3-4 minutes.

½ tbsp virgin coconut oil
⅛ tsp crushed red pepper

7 Add broccoli and stir fry until bright green and tender-crisp, 4-5 minutes.

8 Add steak, soy sauce, sesame oil, and pepper; toss to combine.

2 tbsp soy sauce
½ tbsp toasted sesame oil
⅛ tsp black pepper

9 Place stir fry in a bowl and enjoy!