

Ginger Beef and Broccoli



Ingredients

- ☐ 1lb flank steak
- ☐ Olive oil
- ☐ 1.5 tbsp garlic
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- ☐ 3tbsp soy sauce
- ☐ 1 tbsp ginger
- ☐ ¼ cup chicken/beef broth
- ☐ 1.5 tbsp cornstarch
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- ☐ Scallions
- ☐ Lime

Utensils

- ☐ Stir fry pan

Cooking Instructions

1. Cut steak into 0.25" x 2" pieces
2. Mix together soy sauce, ginger, chicken broth, and corn starch to make sauce
3. Set pan over medium heat and add oil
4. Once oil starts to shimmer, add garlic and cook for 1-2 minutes (until fragrant)
5. Increase heat to medium high and add steak
6. Cook for 3-4 minutes until meat is no longer pink
7. Reduce the heat to medium, then pour in sauce. Stir immediately
8. Add broccoli
9. Continue to cook for 5 minutes, then remove from heat and let sit for 5 minutes
10. Serve and garnish with lime and scallions