

- 1/2 pound flank steak -- lean
- 2 teaspoons finely chopped ginger root -- OR
- 1/2 teaspoon ground ginger
- 2 teaspoons cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon chinese 5 spice -- OR
- 1/4 teaspoon allspice
- 1 tablespoon oil
- 1 medium onion -- thinly sliced
- 1/2 pound broccoli flowerets
- 1/2 pound fresh mushrooms -- sliced
- 2 large tomatoes -- cut in wedges

Slice steak into thin strips.

In mixing bowl combine steak, ginger, cornstarch, salt and Chinese 5 spice. Heat oil in electric wok or pan uncovered at 375 degrees. Add meat mixture and stir fry 2 to 3 minutes. Push up side of wok. Add onions and stir fry 1 minute. Push up side of wok. Add broccoli flowerets and stir fry 3 minutes. Push up wok side, add mushrooms and stir fry 1 minute. Add tomato wedges and gently stir all ingredients to combine. Reduce heat to warm for serving.