

**Marcus Samuelsson's Beef Stir Fry with Broccolini**

MyPlate-Inspired Recipe

From the Kitchen of Marcus Samuelsson

Servings: 6

Difficulty: Easy

Cook Time: Over 120 min

First Lady Michelle Obama helped Marcus Samuelsson prepare this healthy beef stir fry with broccolini following guidelines from MyPlate.

**Ingredients**

1 cup orange juice
2 teaspoons sesame oil
2 garlic, chopped
3 tablespoons olive oil
2 pounds flank steak, cut into 1/2-inch strips
1 tablespoon cornstarch
1 red onion, thinly sliced
2 teaspoons curry powder
2 tomatoes, chopped
2 tablespoons soy sauce—low sodium
1 tablespoon chopped parsley
2 tablespoons chopped cilantro
Salt
Freshly ground pepper
For the broccolini:
2 cups chopped broccolini (1 bunch)
2 tablespoons olive oil
1/2 red onion, sliced
1 2-inch piece of ginger, peeled and minced
2 garlic cloves, chopped
1 tablespoon sesame seeds
2 teaspoons curry powder
2 teaspoons tomato paste
2 Anaheim chilies, chopped with seeds and ribs removed
2 tablespoons soy sauce
Juice from 1 lime
2 teaspoons sesame oil
2 tablespoons rice wine vinegar

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2 scallions, chopped
Salt
Freshly ground pepper

Directions

Combine the orange juice, sesame oil, garlic. Add the flank steak, turning to coat. Cover and refrigerate for at least 20 minutes and up to 2 hours.

Strain the marinade from the steak, reserving 2 tablespoons of the marinade and discarding the rest. Mix together the reserved marinade with 1 teaspoon cornstarch. Set aside.

Heat the remaining 3 tablespoons of olive oil in a wok or a large sauté pan over high heat. Add the onion and curry powder and sauté until translucent, about 3 minutes. Add the flank steak and sauté until browned, about 5 minutes. Add the marinade mixture, tomatoes and soy sauce; bring to a boil and cook until sauce thickens, about 1 minute. Remove from heat and add the parsley and cilantro. Season with salt and pepper.

Serve with Broccolini.

For the broccolini:

Bring a large pot of salted water to a boil. Add the broccolini and simmer for 1 minute, then drain and rinse with cold water.

Heat the olive oil in a large sauté pan over medium heat. Add the onions and sauté until translucent, about 3 minutes. Add the ginger, garlic, sesame seeds, curry powder and tomato paste and sauté for 2 minutes. Add the broccolini, chilies, soy sauce, lime juice, sesame oil, vinegar and scallions and stir until the broccolini is heated through, about 2 minutes. Season with salt and pepper.

Recipe courtesy Marcus Samuelsson.

This recipe was styled by chef Karen Pickus for Good Morning



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