




Beef Broccoli



 5 min

 10 min

 4 Servings

INGREDIENTS

- ☐ Flank Steak (450 g)
- ☐ Broccoli Floret (1 head)
- ☐ Chicken Stock (1/2 cup)
- ☐ Soy Sauce (2/3 cup)
- ☐ Honey (1/4 cup)
- ☐ Rice Wine Vinegar (2 tbsp)
- ☐ Brown Sugar (2 tbsp)
- ☐ Garlic (3 cloves)
- ☐ Sesame Oil (1 tbsp)
- ☐ Olive Oil (1 tbsp)
- ☐ Cornstarch (1 tbsp)
- ☐ Sriracha (1 tsp)
- ☐ Ground Ginger (1 tsp)
- ☐ Red Pepper Flakes (1/4 tsp)

until tender and slightly thickened, about 3-4 minutes.

PREPARATION

Thinly slice the flank steak and cut the broccoli head into florets. Mince the garlic.

COOKING

- ① In a medium bowl, whisk together soy sauce, chicken stock, honey, vinegar, brown sugar, garlic, sesame oil, cornstarch, Sriracha, ginger, red pepper flakes and 1/4 cup water; set aside.
- ② Heat olive oil in a large skillet over medium high heat. Add steak and cook, flipping once, until browned, about 3-4 minutes.
- ③ Stir in broccoli and soy sauce mixture

