



## Beef and broccoli stir-fry

**A quick and easy beef and broccoli stir-fry, only 20 minutes from pan to plate.**



Time to prepare: 15 minutes



Time to cook: 5 minutes



Serves 4

### Ingredients

- - 500 grams beef, sliced thinly
- - 1 teaspoon ginger, peeled and grated
- - 3 cloves garlic, crushed
- - 2 tablespoon soy sauce
- - 1/2 tablespoon vinegar (cider or white)

- - 1 teaspoon oil
- - 1 onion, sliced
- - 2 carrots, finely sliced
- - 1 head broccoli, cut into bite-sized pieces
- - 1/2 tablespoon cornflour
- - 1/2 cup water
- - 1 chilli, sliced and seeds removed (optional)

## Method

1. Mix the beef with the ginger, garlic, soy sauce and vinegar.
2. Heat the oil in a wok or large frying pan and stir-fry the onions until soft.
3. Add the beef and continue to cook until brown.
4. Add the carrots and broccoli, cook until tender.
5. Mix the cornflour and water.
6. Slowly add to the pan stirring constantly until the sauce thickens.

## Notes

Serve with rice and sliced chilli.

You might also like...



## Asian pork stir-fry

**Here is a tasty meal that is super quick and packed full of Asian flavours.**

[\(/eat/recipes/asian-pork-stir-fry\)](/eat/recipes/asian-pork-stir-fry)



## Satay vegetable stir-fry

**This stir-fry can be whipped up in 15 minutes. Serve with rice or as a tasty side dish!**

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## Sweet and sour chicken stir-fry

**A healthier twist on a popular takeaway meal, this quick and easy stir-fry is sure to be a hit with everyone at your place.**

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