



JERNEJ KITCHEN

BEEF AND BROCCOLI STIR FRY

Beef and Broccoli Stir Fry is a simple 15-Minute recipe for a delicious weeknight dinner. Easy to prepare for yourself or the whole family.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	5	MINUTES
TOTAL TIME:	15	MINUTES

BEEF AND BROCCOLI STIR FRY

300 g (11 ounces) flank steak, very thinly sliced

1 tsp cornstarch, for meat

1 tbsp light soy sauce, for meat

1 tbsp canola or sesame oil, for meat

2 cloves of garlic, diced

1 tsp fresh ginger, diced

3 tsp cornstarch

1 tsp BAM Spices Aglio & Peperoncino

2 tbsp sugar

3 tbsp light soy sauce

1 tbsp Shaoxing cooking wine or Dry Sherry

160 ml (2/3 cup) beef stock or water

500 g (1 pound) broccoli, cut into florets

2 tbsp canola or sesame oil

TOOLS AND EQUIPEMENT

paper towels

bowl

whisk

MEAT MARINADE

Pat dry the steak with paper towels. Cut the steak into very thin, bite-size slices. Add to a bowl and add the cornstarch, soy sauce, and oil. Stir to combine and set aside.

SAUCE

In a small bowl, combine the diced garlic, ginger, cornstarch, BAM Spices Aglio & Peperoncino, and sugar. Add the soy sauce, wine, and beef broth. Using a whisk, stir well to combine and set aside.

TIP

If you can't get BAM Spices in your country, use chili flakes, optionally.

COOK THE BROCCOLI

Place a large wok pan or cast-iron pan over medium heat. Add 120ml (1/2 cup) of water and bring to a boil. Add the broccoli, cover with a lid and cook for 1 - 2 minutes or until the broccoli is slightly cooked. Transfer the broccoli to a plate, and clean the pan.

TIP

If you don't have a wok lid, use a large baking sheet or cover the pan with aluminum foil.

FRY THE BEEF

Place a large wok pan or cast-iron pan over high heat. Add the oil and marinated meat. Arrange the beef in a single layer and fry for 30 seconds (without stirring), then turn the meat and cook for another 30 seconds - 1 minute, or until the meat is brown outside and soft inside.

Sponsored

wok or cast-iron pan

BEEF AND BROCCOLI STIR FRY

Reduce the heat, pour in the sauce, and stir to combine. Cook for another minute for the sauce to thicken, then add the cooked broccoli. Toss to combine, and serve with rice or rice noodles.

TIP

If the sauce is too thick, add one or two tablespoons of water.