

Beef and Broccoli Recipe

Serves 4 | Active Time: 20 min | Total: 35 min | Cost: ~\$8

GROCERY LIST

BEEF + MARINADE

- 1 lb flank steak (sub: sirloin or skirt steak)
- 1 tsp baking soda
- 1 tbsp cornstarch
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil

SAUCE

- 3 tbsp oyster sauce
- sub: 2 tbsp hoisin + 1 tbsp soy
- 2 tbsp low-sodium soy sauce
- 1 tbsp cornstarch
- 1/2 cup beef broth (sub: chicken)
- 1 tsp brown sugar
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp Shaoxing wine (optional)
- 1 tsp sesame oil (finishing)

PRODUCE + OTHER

- 4 cups broccoli florets
- 2 tbsp neutral oil

TO SERVE

- Jasmine rice
- Sesame seeds (optional)

EQUIPMENT

- Carbon steel wok or large cast iron skillet
- Mixing bowls (x2)
- Whisk
- Wooden spatula
- Colander

INSTRUCTIONS

- 1 Velvet the beef.** Slice flank steak against the grain into 1/4-inch strips. Toss with baking soda, cornstarch, soy sauce, and sesame oil. Rest 15 min at room temp. Rinse under cold water. Pat completely dry.
- 2 Blanch the broccoli.** Boil water. Add broccoli florets for 30-60 seconds until bright green. Drain and rinse immediately under cold water. Pat dry and set aside.
- 3 Mix the sauce.** Whisk oyster sauce, soy sauce, beef broth, brown sugar, garlic, and ginger. Add cornstarch dissolved in cold water. Add Shaoxing wine if using. Set beside the stove.
- 4 Sear the beef.** Heat 1 tbsp oil in wok over high heat until shimmering. Add beef in a single layer. Leave undisturbed 30 seconds. Flip and cook 60-90 seconds. Remove and set aside. Cook in batches if needed.
- 5 Cook the broccoli.** In the same pan over medium-high, add remaining 1 tbsp oil. Stir-fry broccoli 60-90 seconds until lightly charred at edges. Remove and set aside.
- 6 Build the sauce.** Reduce to medium heat. Add garlic and ginger, stir 15 seconds. Pour in premixed sauce. Stir until simmering and thickened, about 60-90 seconds.
- 7 Combine and finish.** Add beef back in, toss to coat. Add broccoli, toss once more until coated and heated through, about 60 seconds. Remove from heat. Drizzle sesame oil. Serve over jasmine rice.

TIPS + TROUBLESHOOTING

Beef still chewy?	Check your slice direction first. Cut against the grain, perpendicular to the muscle fibers. Then confirm you velveted for the full 15 minutes.
Sauce too thin?	Simmer 30 seconds longer before adding the beef and broccoli back in. Make sure the cornstarch was dissolved in cold liquid before adding.
Sauce too thick?	Add broth one tablespoon at a time off the heat and stir to loosen.
Broccoli gone soggy?	Blanch for 30-60 seconds only. Rinse under cold water immediately. Add broccoli back in at the very last step.
Beef going grey?	Your pan isn't hot enough or you're crowding it. Wait for the oil to shimmer, not smoke. Cook in batches.
Flat flavor?	The sesame oil goes in at the end, off the heat. It's a finishing flavor. Cooking it kills it.
Make it ahead:	Velvet the beef, mix the sauce, and blanch the broccoli up to 24 hours ahead. Store separately in the fridge. Cook time drops to 10 minutes.
Storage:	Fridge up to 4 days. Freeze beef and sauce up to 2 months. Add fresh broccoli when reheating. Reheat with a splash of broth over medium heat.

SUBSTITUTIONS

If You Don't Have...	Use This Instead
Flank steak	Sirloin or skirt steak
Oyster sauce	2 tbsp hoisin + 1 tbsp soy sauce
Beef broth	Chicken broth
Shaoxing wine	Dry sherry or omit entirely
Fresh ginger	1/4 tsp ground ginger (less preferred)