

Beef and Broccoli

Chinese · Main Course · Easy · 30 min total · Serves 4

Tender beef slices and crisp broccoli in savory brown sauce.

Ingredients

- 1 lb flank steak (sliced thin against grain)
- 4 cups broccoli florets
- 3 tbsp soy sauce
- 2 tbsp oyster sauce
- 1 tbsp brown sugar
- 3 cloves garlic (minced)
- 1 tsp ginger (grated)
- 1 tbsp cornstarch (mixed with 2 tbsp water)
- 1 tsp sesame oil
- 2 tbsp vegetable oil

Method

1. Blanch broccoli 1 min, ice water bath, drain.
2. Mix soy sauce, oyster sauce, brown sugar.
3. Sear beef in hot wok 1 min per side. Remove.
4. Add garlic, ginger 30 sec. Add broccoli, stir-fry 2 min.
5. Return beef, pour sauce. Add cornstarch slurry, toss until thick. Finish with sesame oil.

Generated by My Royal Chef AI - myroyalchef.com - 2026-10-02