

Stir-Fry Beef & Broccoli



PREP TIME : 5 MIN

COOK TIME : 15 MIN

SERVES : 4

Ingredients :

- **1 tbsp (15 mL) vegetable oil**
- **1 lb (500 g) beef strips (cut from top sirloin or inside round)**
- **1 1/2 cups (375 mL) thinly sliced onions**
- **3 cups (750 mL) broccoli florets, fresh or frozen**
- **3/4 cups (175 mL) frozen soya beans or green peas, thawed**
- **1 1/2 tsp (7 mL) sesame seeds (optional)**
- **1 1/2 cups (375 mL) VH® Pad Thai Sauce**

Directions :

- 1. Heat oil in a large skillet over medium-high heat. Cook beef until just cooked through, about 10 minutes. Remove from skillet; set aside.**
- 2. In the same skillet, stir-fry onions until translucent. Add broccoli and soya beans; stir-fry for 5 minutes longer.**
- 3. Add beef back to skillet with sesame seeds and VH® Pad Thai Sauce, heat through and serve.**

Tips:

- **Serve with rice or fried noodles.**
- **For a vegetarian option, simply leave out the beef and add tofu if you like.**



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Classic Beef & Broccoli with a Thai twist!