



**PREP TIME : 10 MIN**

**COOK TIME : 10 MIN**

**SERVES : 2**

## **Ingredients :**

- **2 tsp (10 mL) vegetable oil**
- **8 oz (250 g) top sirloin steak, thinly sliced**
- **1 onion, thinly sliced**
- **4 cups (1 L) broccoli florets**
- **1 pouch (250 g) microwavable instant brown rice**
- **1 pouch (160 mL) VH<sup>®</sup> Teriyaki Stir-Fry Sauce**
- **1 thinly sliced red chili pepper (optional)**

## **Directions :**

- 1. Heat oil in deep skillet or wok set over medium-high heat; stir-fry beef for about 2 minutes or until browned but still pink inside. Remove from skillet; set aside.**
- 2. In same skillet, stir-fry onion and broccoli for 3 to 5 minutes until vegetables are softened.**
- 3. Meanwhile, cook rice according to package directions.**
- 4. Return beef to skillet along with VH<sup>®</sup> Teriyaki Stir-Fry Sauce; heat through and spoon over cooked rice. Top with sliced chili pepper (if using).**

## **Recipe Tips:**

- **Serve over whole wheat noodles instead of rice.**
- **Use precut beef stir-fry strips for even quicker preparation.**



# Classic Beef and Broccoli Stir-Fry