

Beef with Broccoli



PREP TIME : 10 MIN

COOK TIME : 15 MIN

SERVES : 4

Ingredients :

- **1 1/2 lb (750 g) flank steak, thinly sliced against the grain**
- **1/2 jar (170 mL) VH[®] Strong Garlic Marinade**
- **2 tbsp (30 mL) vegetable oil**
- **3 cups (750 mL) broccoli florets**
- **1 tbsp (15 mL) sliced green onion**

Directions :

- 1. In a medium bowl, toss flank steak with VH[®] Strong Garlic Marinade.**
- 2. Heat oil in a wok or large skillet set over medium-high heat. Using a slotted spoon, remove flank steak from bowl; reserving excess sauce. Add flank steak to wok and stir-fry for 3 to 4 minutes or until beef is starting to brown. Transfer to a plate.**
- 3. Add broccoli and 1/3 cup (75 mL) water; stir-fry for 3 to 4 minutes or until broccoli is tender and liquid has evaporated.**
- 4. Stir in reserved sauce; bring to a boil. Boil for 3 minutes. Add meat; simmer for 1 to 2 minutes or until flank steak is cooked to desired doneness. Serve over steamed white rice and sprinkle with green onion.**

Tips:

Substitute green beans for the broccoli.



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Double the recipe for leftovers.

Other Usage:

Stir into stews.

Brush on grilled eggplant.

Stir into Cream of Potato Soup.