

# BROCCOLI AND BEEF STIR FRY

Serves 4 to 6

## Ingredients

- 2 **garlic cloves**, minced
- 1 tablespoon minced **ginger**
- 2 1/2 tablespoons low-sodium **soy sauce**, divided
- 5 tablespoons **oyster sauce**, divided
- 10-ounce **flank steak, top round** or **beef tenderloin**
- 4 to 5 large **carrots**
- 1 large **onion**
- 1 large head of **broccoli**
- 4 green **onions**
- 1 tablespoon **avocado oil**
- **Optional:** Chili garlic paste or sambal oelek
- Serve over cooked **brown rice**

## Nutrition Facts\*

1 serving

**Calories:** 320

**Protein:** 18 grams

**Total Carbohydrates:** 41 grams

**Dietary Fiber:** 6 grams

**Total Fat:** 9 grams

*\*Nutrition facts are an estimate and vary based on serving size.*

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## Directions

- 1 Make a marinade for the beef by combining the minced garlic and ginger in a bowl. Add 1 tablespoon of soy sauce and 1 tablespoon of oyster sauce to the bowl and stir to combine.
- 2 Slice the beef into thin, bite-sized pieces or strips, and add the beef to the bowl with marinade. Stir to coat the beef.
- 3 While the beef marinades, peel and thinly slice the carrots, and thinly slice the onion. Cut the broccoli into small bite-sized florets. Thinly slice the green onions.
- 4 To prepare stir fry sauce, combine the remaining 4 tablespoons of oyster sauce and remaining 1 1/2 tablespoons of soy sauce in a small bowl.
- 5 Heat the oil in a wok or large sauté pan over medium-high heat. Once hot, add the marinated beef. Sear the beef for 1 to 2 minutes on each side until browned. Remove the beef from the pan and place it on a plate.
- 6 Add the onions, carrots and broccoli, along with 1 to 2 tablespoons of water, to the pan. Allow the vegetables to stir fry until fork tender, about 4 to 5 minutes.
- 7 Return the beef to the pan and add the stir fry sauce. Stir to combine and top with green onions and chili garlic paste or, for a spicy kick, sambal oelek.
- 8 Serve over cooked brown rice.



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