

BIG BOWL[®]

CHINESE AND THAI

BEEF AND BROCCOLI

Serving Size: 4

INGREDIENTS

- ¼ cup Canola Oil
- 1 lb Flank Steak Sliced
- 7 tsp Soy Sauce
- 5 tsp Cornstarch
- 1 tsp Sesame Oil
- 3 Tbsp Oyster Sauce
- 1 Tbsp Sugar
- 1 cup Chicken Broth
- 1 Tbsp Rice Wine
- 2/3 cup Shitake Mushrooms, sliced
- 2 cups White Mushrooms, sliced
- 1/4 cup Bamboo Shoots, sliced
- 1 cup Onions, diced
- 1 Tbsp Garlic Chopped
- 1 Tbsp Ginger Chopped
- 4 Cups Broccoli Florets
- 1 lb Jasmine Rice



METHOD

1. Cook rice according to the instructions from the package.
2. In a bowl, mix cut flank steak with 2 teaspoons of soy sauce, 2 teaspoons of cornstarch, 1 teaspoon of sesame oil and 1 tablespoon of water. Let it sit for 45 minutes in the refrigerator.
3. For the sauce, mix together the oyster sauce, soy sauce, sugar, rice

Continue on Next Page



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Continued from Previous Page

wine, chicken stock and cornstarch, and set a side.

4. In a wok or skillet, heat 2 tablespoons of canola oil. When hot but not smoking add beef.
5. Stir beef to separate the pieces. Cook beef for about 2 to 3 minutes or until it reaches an internal temperature of 135 degrees Fahrenheit. Remove beef from heat into a colander to drain excess oil.
6. Heat a clean wok or skillet on high heat and add 2 tablespoons of the reserved oil.
7. When hot, add mushrooms, onions, bamboo shoots, garlic and ginger. Cook for 2 to 3 minutes.
8. Add broccoli and cook for 2 more minutes
9. Add sauce and bring it to a boil. Stir briefly to coat vegetables
10. Add pre-cooked beef and stir well to incorporate, bring it back to a boil. Turn off heat.
11. Serve with your favorite rice.

