Honey Garlic Beef With Broccoli Stir Fry:
Stir fries are easy and quick dishes to make. Try this delicious and nutritious recipe made with beef and broccoli. Beef contains 14 essential nutrients that our body needs, and is an excellent source for protein, zinc and B12. On the other hand, broccoli provides fibre, potassium and is rich in folate, vitamin C and K.



Prep Time: 30 minutes

Cook Time: 20 minutes

Total Time: 50 minutes

Servings: 3

Ingredients:

- 8 ounces/ 230g of skirt steak (or flank steak), thinly sliced
- 2 cups of fresh frozen or broccoli florets
- 2 tablespoons cornstarch, dived use

Sauce:

- ¼ cup gluten free soy sauce
- ¼ cup of water/ chicken stock
- ¼ teaspoon red pepper flakes (optional)
- 2 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 3 tablespoons honey
- 1 tablespoon of choice of oil

Instructions:

1. In a small bowl, mix the thinly sliced beef with one tablespoon of starch, and set aside.
2. To make the sauce, in a separate bowl, whisk together: soy sauce, water/ chicken stock, red pepper flakes (if using), minced garlic, grated ginger and honey. Then add the remaining tablespoon of cornstarch and mix until well combined. Set aside.
3. Preheat skillet over medium high heat. Add the tablespoon of oil and allow it to heat until shimmers.
4. Add the beef to the pan and cook until one side turns crispy and brown.
5. Flip the meat to other side and add broccoli florets to the pan. Allow to cook for a minute.
6. Lastly, stir in the sauce and let it bubble and thicken while beef and broccoli finish cooking about 5 minutes.
7. Divide the mixture over two bowls and serve with freshly cooked rice or noodles.

Tips:

- When broccoli loses its vitamins and minerals when soaked in water. To keep its nutrients, rinse them and cook for a short period with little water.
- To ease cutting your beef into thin slices, place the beef in the freezer for 20 minutes to slightly firm it up.
- Remember to slice the beef against its grain; this helps shorten the beef's fibre, making it easier to chew through.
- To make your beef more tender, mix it with corn starch and leave it aside for a bit longer.

Calories	544	Daily value %
Fat	22g	34%
Carbohydrate	62g	21%
Fibre	4g	16%
Protein	27g	-
Calcium	28mg	3%
Iron	2.7mg	19%

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