



Diced Beef
Leftovers
RECIPE

Beef and Broccoli

Ingredients

500g Beef steak cut into strips
3 tablespoons of corn flour (divided for 2 parts of recipe)
125ml lower salt soy sauce
2 teaspoons of brown sugar
2 crushed garlic cloves
2 teaspoons of grated fresh ginger
1 tablespoon of vegetable oil
1 head of broccoli cut into florets
1 onion sliced

Method

Mix 2 tablespoons of cornflour with 3 table spoons of water in a large bowl. Add the beef and mix well. In a separate bowl mix the soy sauce, sugar, ginger, garlic and the remaining 1 tablespoon of cornflour. Add the oil to a large non-stick pan or wok, once hot add the beef and stir fry until almost cooked. Remove the beef from the pan using a slotted spoon. Next add the broccoli and onion to the pan and cook for approx. 4-5 minutes until the broccoli begins to soften. Return the beef to the pan add the prepared sauce. Cook together for a further minute on a high heat stirring well to combine the ingredients. Serve with boiled rice or noodles.

Top Tip - Try using brown rice or wholewheat noodles for extra fibre.