

Jason Pettit – Capital Radio Recipe

Easy Beef and Broccoli Stir Fry

This recipe is Chinese in origin but has become a firm take away favourite across the globe.

With a few simple ingredients, you can easily put together this delicious meal that is better than any take-away! Serve over rice so all the lovely sauce gets absorbed.

Stir frying is a quick way to cook prepared ingredients over a high heat that preserves lots of the nutrients as well and giving a unique flavour to food. Make sure you have everything ready and to hand before you start cooking.

Ingredients – serves 4 people

500 gm	steak (sliced across the grain)
	<i>marinade</i>
1/3 cup	light soy sauce
1/2 ea	lime (juiced)
1 Tbsp	brown sugar
1 Tbsp	corn flour
	<i>black pepper to taste</i>
1 ea	head of broccoli (washed and cut into bite size florets)
2 ea	spring onion (washed, finely sliced)
2 Tbsp	cooking oil
3 ea	garlic cloves (finely chopped)
1/3 cup	light soy sauce
1/3 cup	chicken stock
2 Tbsp	brown sugar
1 Tbsp	corn flour
1 Tbsp	lemon juice
1 Tsp	chili flakes
	<i>black pepper to taste</i>
2 cups	jasmine rice
2 Tbsp	sesame seeds (lightly toasted)



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Method

Mix marinade ingredients in a bowl fully. Place sliced steak strips and marinade into a zip lock bag and massage to coat the slices. Set aside for 15 minutes at room temperature then drain.

Cook jasmine rice as per packet instructions – approx. 20 minutes.

Place broccoli florets into a large microwavable container, add ½ cup of water then drain quickly so some water remains on the florets.

Pre-heat a wok pan or skillet over a medium high heat. Lightly toast the sesame seeds then set aside.

Add the cooking oil and swirl the pan.

Add only enough beef slices to cover the base of the pan (work in batches if needed) and cook until seared – approx. 2 minutes per side.

Remove from the pan once cooked and set aside.

Add the garlic, chili flakes and most of the spring onion (save some of the green part for garnish). Cook until fragrant – approx. 1 minute.

Whilst this is cooking, microwave the broccoli on high for 90 seconds.

Stir in the 1 Tbsp of corn flour and stir to coat the garlic and onion then stir in the stock, light soy sauce, brown sugar and bring to a simmer whilst stirring.

Drain the broccoli and add to the wok / pan and stir to coat – cook for 1 minute then add the steak slices including any juices.

Simmer for 1 minute and then remove the heat. Taste and adjust the seasoning if required.

Garnish with sesame seeds and green spring onion and serve with the cooked rice.

Notes from the chef:

Sirloin or flank steak works very well for this recipe – do not cut too thin, 10mm thick allows a great sear on the surface and will not dry out.

Microwaving the broccoli reduces the cooking time and retains even more nutrients.

Chili flakes can be omitted.

Do not over crowd the wok / pan or the beef will stew and not sear which result in chewy and tough beef.

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Tbsp - tablespoon

Tsp - teaspoon