

BEEF AND CAULIFLOWER



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Beef (sirloin, top round, chuck, or flank), thinly sliced	1 lb	Green onions (cut into 1-inch pieces)	3
Cauliflower florets (bite-sized)	4 cups	Fresh ginger, minced	1-inch knob
Oil	1½ tbsp (divided)	Water	½ cup
Shallot, diced	1	Soy sauce	¼ cup
Garlic cloves, minced	3	Vinegar (white or distilled)	2 tsp
		Sesame oil	1 tsp



PREPARATION

- Heat 1 tbsp oil in a large skillet or wok over medium-high heat. Add sliced beef and cook 2-3 minutes until browned. Remove and set aside.
- Add remaining ½ tbsp oil to the skillet. Add shallot and sauté 1-2 minutes until softened.
- Add garlic, ginger, and green onions. Cook 30-60 seconds until fragrant.
- Add cauliflower florets and stir-fry 3-4 minutes until slightly tender.
- Pour in water, soy sauce, vinegar, and sesame oil. Stir well and bring to a simmer.
- Return beef to the skillet. Toss to combine and cook 3-4 minutes until cauliflower is tender and sauce slightly reduces.
- Remove from heat and serve warm.