



GINGER BEEF & BROCCOLI STIR-FRY

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Sirloin Steak, thinly sliced	5 Oz.	Rice Vinegar	1 Tsp.
Broccoli Florets	2	Sesame Oil	1 Tsp.
Mushrooms, sliced	½ Cup	Cornstarch (Optional)	1 Tsp.
Cloves Garlic, minced	2	Sesame Seeds for Garnish	
Fresh Ginger, grated	1 Tsp.	Green Onions for Garnish	
Low-sodium Soy Sauce	2 Tbsps.		

SERVING SIZE

1

PREPARATION

- Slice sirloin steak into thin strips against the grain.
- Heat a large skillet over medium-high heat.
- Add steak and cook for 2-3 minutes per side until browned. Remove from skillet and set aside.
- Add broccoli and mushrooms to the skillet and cook for 4-5 minutes until tender-crisp.
- Add garlic and ginger and cook for 30 seconds until fragrant.
- Add soy sauce, rice vinegar, sesame oil, and cornstarch (if using). Stir until the sauce begins to thicken.
- Return the cooked steak to the skillet and toss everything together until coated.
- Garnish with sesame seeds and sliced green onions.