

## Beef and Broccoli Stir-Fry



### **INGREDIENTS:**

- > 500g sliced rump beef
- > 1/4 cup cornstarch
- > 1 tsp baking soda (optional)
- > 2 cups steamed broccoli
- > Olive oil
- > 1-2 tsp grated or chopped fresh ginger
- > 1-2 tsp chopped garlic

### **SAUCE:**

- > 1/3 cup soy sauce
- > 1/4 cup ketchup
- > 1-2 tbsp rice wine vinegar
- > 1/4 cup honey or brown sugar
- > 1 tbsp cornstarch
- > 1 tsp sesame oil

### **SERVE WITH:**

- > Cooked basmati or jasmine rice
- > Toasted cashews
- > Toasted sesame seeds
- > Chopped spring onions
- > Fresh basil

### **METHOD:**

1. Cook the rice according to the package instructions, and steam or blanch the broccoli until al dente.
2. Thinly slice the rump beef into strips, then sprinkle with cornstarch and massage in slightly. Add the baking soda (if using) and let it sit for 10-15 minutes.
3. Heat a generous amount of oil in a skillet or pan, add the beef, and fry until browned. Season to taste. Remove the beef from the pan, then add the chopped ginger and garlic, and fry until golden brown.
4. Mix the sauce ingredients together and add to the pan along with the ginger and garlic. Reduce the heat, then return the beef and broccoli to the pan.
5. Toss until the beef and broccoli are well coated in the sauce. Serve the stir-fry with the cooked rice, toasted cashews, sesame seeds, chopped spring onions, fresh basil, and lime slices.