**Beef & Broccoli Stir-Fry**

Marinade

7 ml soy sauce

7 ml your choice: black bean, hoisin or oyster

5 ml grated fresh gingerroot

2 ml minced garlic

2 ml cornstarch

200 g of steak thinly cut against the grain or tofu

Sauce

60 ml beef broth

15 ml your choice of sauce: black bean, hoisin or oyster

7 ml soy sauce

5 ml grated fresh gingerroot

5 ml cornstarch

2 ml garlic

2 ml dark sesame oil

Pinch of crushed red pepper flakes (optional)

15 ml oil

1 cups broccoli florets

15 ml chopped green onions

Sesame seeds for garnish

Procedure

1. In a medium bowl mix together all marinade ingredients until well blended.
2. Add beef/tofu and toss to coat evenly.
3. Let stand at room temperature for 20 minutes.
4. Whisk together all sauce ingredients in a small liquid measuring cup and set aside
5. Heat oil in a non-stick wok or skillet over medium-high heat.
6. Add beef, cook and stir until lightly browned (about 3-4 minutes)
7. Add broccoli and ¼ cup of water to wok.
8. Cover and stir until broccoli is tender-crisp (about 4 minutes) or to your liking. (if have a lid use it)
9. Return beef to wok, stir in onions and make a well in the center.
10. Add sauce
11. Let it bubble a bit, then give everything a good stir.
12. Cook until sauce has thickened.
13. Top with sesame seeds before serving

Serves: 2

**Rice for whole kitchen (Serves 4 people):**

250 mL rice

500 mL water

1 mL salt

1. Bring water and rice to a boil.
2. Once at a boil put a lid on, reduce HEAT TO low. Cook 17 minutes.
3. Turn off and let sit on the stove until you are ready to eat.