

BEEF AND BROCCOLI

An easy, one-pan, 30-minute stir fry with tender beef and the best homemade sauce



INSTRUCTIONS

1. Prep the beef

- 1 lb flank steak

Cover and freeze the steak for 30 minutes to make it easier to slice thin. Slice against the grain into thin, bite-sized strips.

2. Make the sauce

- 1 tsp fresh ginger, grated
- 2 tsp garlic, grated (about 3 cloves)
- 1/2 cup hot water
- 6 Tbsp tamari or coconut aminos
- 3 Tbsp monk fruit allulose blend
- 1 1/2 Tbsp corn starch
- 1/4 tsp black pepper
- 2 Tbsp sesame oil

Combine all the sauce ingredients in a bowl, stirring well to dissolve the sweetener. Set aside.

3. Cook the broccoli

- 1 Tbsp avocado oil
- 1 lb fresh broccoli, cut into 6 cups of florets

Heat a large skillet over medium heat and add the avocado oil. Add the broccoli and sauté 4 to 5 minutes, partially covered with a lid, stirring or tossing a few times, until bright green and crisp-tender. Remove from the pan. (For softer broccoli, add 2 Tbsp water before covering with the lid.)

4. Cook the beef

- 1 Tbsp avocado oil

Increase the heat to high and add the avocado oil. Add the beef in a single layer and sauté 2 minutes per side, or just until cooked through.

5. Add the sauce and finish

- 2 tsp sesame seeds, optional garnish

Add the sauce, reduce the heat to medium-low, and simmer 3 to 4 minutes, until thickened. Add the broccoli back in and stir to combine. Stir in 1 to 2 Tbsp water to thin the sauce if desired. Garnish with sesame seeds if using.

NUTRITION (per serving, makes 4)

Estimated

- Calories: 350
- Total Fat: 21g
- Total Carbs: 8g
- Fiber: 3g
- Net Carbs: 5g
- Protein: 29g

STORAGE

Once cooled to room temperature, cover and refrigerate for 3 to 4 days. Freezing isn't recommended, since the broccoli can turn mushy when thawed. To reheat, warm in a skillet over medium heat with a splash of water to loosen the sauce.



Recipe created by Mind-Body Functional Health.
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