Asian Beef And Broccoli Stir-Fry

Ingredients:

For the Sauce:

- 1/2 cup low-sodium soy sauce
- 2 tablespoons brown sugar
- 2 cloves garlic, minced
- 1 teaspoon minced ginger
- 1 tablespoon cornstarch

For the Stir-Fry:

- 1 pound (450g) flank steak or sirloin, thinly sliced against the grain
- 2 cups broccoli florets
- 2 tablespoons vegetable oil (for stir-frying)
- Sesame seeds and sliced green onions for garnish (optional)
- Cooked rice or noodles for serving

1. In a small bowl, whisk together the soy sauce, brown sugar, minced garlic, minced ginger, and cornstarch until well combined. Set the sauce aside.
2. Slice the flank steak or sirloin thinly against the grain. This helps to ensure the beef is tender.
3. Put your clean broccoli in a pot of boiling water for two minutes to blanch it. Drain and set aside.
4. Heat a large skillet or wok over high heat. Add 1 tablespoon of vegetable oil and swirl it around to coat the pan evenly. Add the sliced beef and stir-fry for about 2-3 minutes or until it's no longer pink. Remove the beef from the pan and set it aside.
5. In the same skillet, add another tablespoon of vegetable oil. Add the blanched broccoli and stir-fry for about 2 minutes.
6. Return the cooked beef to the skillet with the broccoli.

7. Pour the prepared sauce over the beef and broccoli. Stir-fry for an additional 1-2 minutes until the sauce thickens and coats the beef and broccoli evenly.

8. Serve the Asian Beef and Broccoli hot over cooked rice or noodles. Garnish with sesame seeds and sliced green onions if desired.