

Thai Style Beef and Broccoli Stir-Fry

Yields 4 servings



Shopping List

Beef stir-fry strips or grilling steak Beef broth Thai fish sauce or soy sauce Cornstarch Lime Granulated sugar Sesame oil Broccoli Canned baby corn Garlic cloves, ginger root Hot chili pepper **Grape tomatoes** Fresh basil leaves

Ingredients

1/4 cup (50 mL) beef broth

2 tbsp (30 mL) Thai fish sauce (or soy sauce)

2 tbsp (30 mL) cornstarch

1 tsp (5 mL) finely grated lime rind

1 tbsp (15 mL) fresh lime juice

2 tsp (10 mL) granulated sugar

2 tsp (10 mL) sesame oil

1 lb (500 g) beef stir-fry strips or grilling steak cut into strips

3 cup (750 mL) small broccoli florets

14 oz (398 mL) can baby corn, drained and cobs cut in half

3 cloves garlic, minced

2 tsp (10 mL) minced ginger root

1 tsp (5 mL) minced seeded hot chili pepper

1½ cup (375 mL) grape tomatoes, halved

1/3 cup (75 mL) slivered fresh basil leaves

Instructions

- 1. Combine beef broth, fish sauce, cornstarch, lime rind and juice, sugar and sesame oil in large sealable freezer bag. Add beef strips; seal bag, squeezing gently to massage marinade into beef. Refrigerate for up to 30 minutes.
- 2. Drain meat through colander set over bowl, reserving marinade. Stir-fry beef strips using medium-high heat in hot lightly oiled nonstick skillet for 2 minutes or until browned but still pink inside. Transfer meat to clean bowl.
- 3. Stir-Fry broccoli in the same skillet for 3 to 5 minutes or until almost tender-crisp. Add baby corn, garlic, ginger and hot pepper; stir-fry for 30 seconds or until corn is starting to brown. Return beef to skillet along with any juices in bowl and reserved marinade. Bring to boil; cook, stirring, for 1 to 2 minutes or until sauce is bubbly and thickened. Stir in tomatoes and heat through. Remove from heat; stir in basil. Serve stir-fry over steamed jasmine rice or Thai rice noodles.



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Vary the vegetables in this colourful beef stir-fry recipe according to taste; snow peas, sweet peppers and bean sprouts are all good additions. If you can't find stir-fry beef strips, ask the meat counter staff to cut any beef grilling steak into strips.

For time-efficiency, let the meat marinate while you prepare the vegetables.

Wear rubber or plastic gloves when preparing hot peppers, and wash your knife and cutting board in hot soapy water immediately afterward.

An excellent source of Iron (27% RDI) and Zinc (70% RDI).

Nutrition Facts per serving				
Amount				
Calories	308			
Protein	29 g			
Fat	16 g			
Carbohydrate	14 g			

notes			
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Recipe and image courtesy of Canada Beef https://canadabeef.ca/recipe/thai-style-beef-and-broccoli-stir-fry/