

Almond Beef with Broccoli

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This Asian-inspired stir-fried beef dish is a simple and easy dish that is as filling and nutritious as it is savory. Thin beef strips are stir fried in a flavorful marinade of soy sauce, garlic and ginger, and served atop a bed of fresh broccoli. A topping of toasted almonds adds a hearty crunch to the hearty dish.

Serve with white rice if desired.

Ingredients:

¾ lb broccoli florets
1/3 lb beef sirloin, cut into thin strips
½ cup blanched almonds, toasted
4 tablespoons olive oil
3 tablespoons white wine
1 tablespoon soy sauce
½ teaspoon cornstarch.
½ teaspoon sugar
¼ teaspoon garlic powder
Pinch of ground ginger
Boiling water

Directions:

1. In medium bowl combine beef, white wine, cornstarch, soy sauce, sugar, garlic powder and ginger. Stir gently to combine and cover. Let marinate for 30 minutes.
2. Bring a large pot of salted water to a boil. Drop broccoli into boiling water and boil for 2 minutes to blanch. Plunge broccoli into cold water and drain. Set aside.
3. Add 2 Tbsp of olive oil in a large wok or skillet over high heat. Add broccoli and fry for 2 minutes. Remove to serving plate.
4. Add remaining olive oil to pan, and heat. Add beef and fry for 1 minute, reserving marinade.
5. Add marinade and lower heat slightly. Stir until beef is glazed and marinade is reduced. Serve on top of broccoli, and sprinkle with almonds.

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