



All for the Beef

Prep 15 mins

Cook 10 mins

Yields 4 servings

Recipe Card

Thai Style Beef and Broccoli Stir-Fry



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

¼ 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
1 ½ cup (375 mL) grape tomatoes, halved
½ 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.

