



early childhood community development centre

Hoisin Beef and Broccoli Stir Fry

Ingredients - Makes 4 servings

- 2 tsp vegetable oil
- 12 oz sirloin or inside round steak, cut into 3-by ½ inch strips
- 1 tbsp chopped ginger root
- 1 tsp minced garlic
- 3 cups small broccoli florets
- 1/3 cup sliced water chestnuts
- ½ tsp cornstarch
- 1/3 cup orange juice or beef stock
- 2 tbsp hoisin sauce
- ½ tsp sesame oil (optional)
- ½ black pepper
- 1 tbsp toasted sesame seeds (optional)

Directions

1. In a large nonstick skillet, heat oil over medium-high heat; add beef strips and stir-fry for 1 to 2 minutes or until browned
 2. Add ginger, garlic, broccoli, and water chestnuts
 3. Stir-fry for another 2 to 3 minutes or until broccoli is tender-crisp
 4. In a small bowl or glass measuring cup, whisk together cornstarch, orange juice, hoisin sauce, and if using, sesame oil
 5. Add to skillet, cook, stirring for 1 to 2 minutes or until thickened and heated through
 6. Season to taste with pepper
 7. Serve over rice
- * If desired, sprinkle with sesame seeds

Source: Dietitians of Canada: Great Food Fast By: Bev Callaghan, RD, and Lynn Roblin, RD
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