

Traditional Beef and Broccoli

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-style-satay-beef-recipe>

Ingredients:

- 2/3 pound beef
- 1 1/2 tablespoons Shao xing wine
- 1/2 teaspoon salt or to taste
- 1/2 teaspoon sugar
- 1/2 teaspoon baking soda
- white pepper powder to taste
- 1/2 tablespoon satay sauce Can be replaced with hoisin sauce, XO sauce, Shrimp paste
- 7 ounces gai lan Chinese broccoli, Can be replaced with regular broccoli or broccolini
- 2 cloves garlic
- 1 teaspoon ginger
- 2 teaspoons oyster sauce
- 1/2 tablespoon satay sauce
- water a splash of, if needed
- fish sauce a drizzle of, to taste

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 50 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 650 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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