

Beef & Chinese broccoli stir-fry (????)

Yield: 2 min
Total Time: 65 min

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

Ingredients:

- 1 tablespoon oyster sauce
- 1/2 teaspoon dark soy sauce
- 1 teaspoon sesame oil
- 2 teaspoons cornstarch
- 2 tablespoons water /stock
- 7 ounces beef preferably flank or skirt, 7oz, see note 1
- 1 teaspoon ginger julienned
- 1 teaspoon light soy sauce
- 1 teaspoon Shaoxing rice wine
- 1 teaspoon cornstarch
- 1 tablespoon water
- 1 teaspoon cooking oil
- 2/3 pound Chinese broccoli Gai lan/Kai-lan, about 6-7 stems

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 70 milligrams
4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 6 grams
8. Sodium: 550 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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