

Easy Beef and Broccoli

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/anglo-indian-beef-steak-recipe>

Ingredients:

- 1 tablespoon sesame oil
- 2 garlic cloves minced
- 1 1/4 teaspoons ground ginger
- 1 teaspoon chili paste
- 1 teaspoon chili paste
- 1 teaspoon sweet chili sauce
- 1 pinch red pepper flakes
- 1/2 cup chicken stock
- 3/4 cup soy sauce low sodium
- 1/3 cup honey
- 3 tablespoons rice wine vinegar
- 1/3 cup brown sugar packed
- 2 tablespoons cornstarch
- 2 tablespoons water
- olive oil
- beef
- salt
- pepper
- 2 steaks trimmed, and sliced thin, any steak will do, or you can even use 1 flank steak
- 1 head broccoli steamed and seasoned with salt and pepper.

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 57 grams
3. Fat: 9 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 3010 milligrams

8. Sugar: 40 grams

Thank you for visiting our website. Hope you enjoy Easy Beef and Broccoli above. You can see more 15 anglo indian beef steak recipe Unleash your inner chef! to get more great cooking ideas.