

Treasure Barrel

Chinese Beef and Broccoli: One Pan Take-Out Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Chinese** Cuisine

Ingredients

For the Beef & Marinade

- [ ] 1 lb flank steak, thinly sliced against the grain
- [ ] 1 tbsp low-sodium soy sauce
- [ ] 2 tsp cornstarch
- [ ] 1 tsp vegetable oil

For the Stir-Fry Sauce

- [ ] 1/2 cup low-sodium beef broth
- [ ] 1/4 cup low-sodium soy sauce
- [ ] 2 tbsp brown sugar, packed
- [ ] 1 tbsp sesame oil
- [ ] 1 tbsp cornstarch
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated

For the Stir-Fry

- [ ] 2 tbsp vegetable oil, divided
- [ ] 4 cups broccoli florets
- [ ] 1/4 cup water (for steaming)
- [ ] Steamed rice, for serving
- [ ] Sesame seeds and sliced green onions, for garnish (optional)

Instructions

1. Let's begin by preparing our ingredients with a little care. First, take your thinly sliced beef and place it in a medium bowl. Add the 1 tablespoon of soy sauce, 2 teaspoons of cornstarch, and 1 teaspoon of vegetable oil. Gently toss it all together with your fingertips until every slice is lightly coated. This is our velveting step; it feels so simple, but it's the secret to tender beef. Set the bowl aside to let the beef marinate for at least 15 minutes. In another small bowl, whisk together all the sauce ingredients—the beef broth, soy sauce, brown sugar, sesame oil, cornstarch, garlic, and ginger. Keep whisking until the cornstarch is fully dissolved, creating a smooth, fragrant sauce.

2. Now it's time to cook the beef. Place a large skillet or a wok over medium-high heat and add 1 tablespoon of vegetable oil. Once the oil is shimmering hot—you can feel its warmth rising—carefully add half of the beef in a single layer. Let it sear for about 1-2 minutes per side without moving it too much. We're looking for a beautiful brown crust. Once cooked, remove it with a slotted spoon and set it aside on a plate. Add the remaining beef to the pan and repeat the process. Cooking in batches is so important; it ensures the beef sears rather than steams.

3. In the same skillet, now empty, add the remaining tablespoon of vegetable oil. Add your broccoli florets and stir-fry them for about a minute, just to coat them in the oil and the flavorful remnants from the beef. Then, carefully pour in the 1/4 cup of water. It will sizzle and steam immediately. Cover the pan with a lid and let the broccoli steam for about 3-4 minutes. We want it to be bright green and crisp-tender—you can test a piece to see if it's just right. You don't want it to be soft at all; it's a texture that, once mastered, is as satisfying as a perfect foolproof banana bread.

4. Finally, let's bring it all home. Remove the lid from the skillet and give your prepared sauce a final quick whisk before pouring it all over the broccoli. Stir constantly as the sauce bubbles and thickens, which should only take about a minute. It will turn into this gorgeous, glossy glaze. Now, add the cooked beef back into the pan. Gently toss everything together until the beef is warmed through and every single piece of beef and broccoli is coated in that incredible sauce. Serve it immediately over fluffy steamed rice, garnished with a little sprinkle of sesame seeds and green onions if you feel like it. It's such a beautiful sight.

Nutrition per serving

420 kcal	30 g	25 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- A key to tender beef is slicing it against the grain. Look for the lines of the muscle fibers in the meat and slice perpendicular to them. This simple step makes a world of difference in the final texture, preventing it from being chewy. Freezing the beef for 20 minutes beforehand makes it much easier to slice thinly.
- Don't be afraid to get your pan really hot before adding the beef. That initial high-heat sear is what creates the delicious caramelized crust and locks in the juices. A wok is traditional, but a heavy-bottomed skillet or cast iron pan works beautifully as well. I'm a big fan of using the right tool for the job, much like when making a one-bowl banana bread to save on dishes.
- The sauce can be made ahead of time and stored in a jar in the refrigerator for up to three days. This makes the cooking process even quicker on a busy weeknight. Just give it a good shake or whisk before pouring it into the pan, as the cornstarch will have settled at the bottom.