

Treasure Barrel

Easy Beef and Broccoli Recipe (Better Than Takeout!)

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

Ingredients

For the Beef & Broccoli

- [ ] 1 lb flank steak, sliced thinly against the grain
- [ ] 1 tbsp cornstarch
- [ ] 1 tbsp sesame oil
- [ ] 4 cups broccoli florets
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated

For the Savory Sauce

- [ ] 1/2 cup low-sodium soy sauce or tamari
- [ ] 1/2 cup beef broth
- [ ] 2 tbsp honey or brown sugar
- [ ] 1 tsp toasted sesame oil
- [ ] 1 tbsp cornstarch mixed with 2 tbsp cold water (slurry)

Instructions

1. First, let's get the beef ready. Take your thinly sliced flank steak and place it in a medium bowl. Sprinkle the cornstarch over it and just gently toss with your hands until each piece is lightly coated. This little step is our secret to tender, velvety beef. Now, whisk together your sauce ingredients—the soy sauce, beef broth, honey, and that fragrant toasted sesame oil—in a separate small bowl. Set both aside and take a moment to admire your prep work. Everything is ready for the magic to happen.

2. Okay, it's time for the sizzle. Heat one tablespoon of sesame oil in a large skillet or wok over medium-high heat. You want it to be nice and hot. Carefully place half of the beef in the pan in a single layer. Let it sear for about 1-2 minutes per side, just until it's beautifully browned but still a little pink inside. Don't move it around too much at first—let it develop that gorgeous crust. Remove the seared beef to a clean plate and repeat with the remaining half. This two-batch method prevents the pan from getting crowded and ensures a perfect sear.

3. Now, in that same pan, add your broccoli florets. Stir-fry them for about 3-4 minutes. You're looking for them to turn a vibrant, bright green and become just slightly tender. If the pan seems dry, you can add a tablespoon of water and cover it for a minute to steam them perfectly. Next, push the broccoli to one side of the pan and add your minced garlic and grated ginger to the empty space. Let them cook for about 30 seconds until they become incredibly fragrant. Wow, that smell is just heavenly, isn't it?

4 Here we go, the grand finale. Pour your prepared sauce into the pan, stirring it all together with the broccoli, garlic, and ginger. Bring it to a gentle simmer. As it starts to bubble, slowly whisk in your cornstarch slurry. Continue to stir gently as the sauce thickens into a beautiful, glossy consistency—this should only take a minute or two. Finally, return the seared beef and any juices from the plate back to the pan. Toss everything together one last time to coat it all in that luscious sauce. Serve it immediately over warm, fluffy rice.

Nutrition per serving

420 kcal	35 g	25 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For the best texture, try not to overcook the broccoli. You want it to retain a slight bite, which provides a wonderful contrast to the tender beef. A quick blanch before stir-frying can also help maintain its color and crunch.
- This recipe is one of those cozy classics that's perfect for meal prep. You can slice the beef and mix the sauce ahead of time, storing them in separate airtight containers in the refrigerator. When you're ready to eat, the cooking process will take just a few minutes.
- The secret to a great sear is a hot pan and dry meat. After slicing your beef, pat it gently with a paper towel to remove any excess moisture before tossing it with the cornstarch. This ensures it browns beautifully instead of steaming.