

Choco Fever Dream

Chinese Beef and Broccoli – One Pan Takeout

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Chinese** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sirloin, thinly sliced
- [ ] 3 cups broccoli florets
- [ ] 2 tbsp vegetable oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated

For the Sauce

- [ ] 1/4 cup soy sauce
- [ ] 2 tbsp honey
- [ ] 1 tbsp rice vinegar
- [ ] 1/2 cup beef broth
- [ ] 1 tsp cornstarch mixed with 2 tsp water

Instructions

1. In a small bowl, whisk together soy sauce, honey, rice vinegar, broth, and cornstarch slurry; set aside.
2. Heat a large skillet or wok over medium-high heat, add oil, then sear the beef in batches for 1–2 minutes until browned; remove and set aside.
3. In the same pan, add garlic and ginger; sauté for 30 seconds until fragrant, then add broccoli and stir-fry 3–4 minutes until bright green and just tender.
4. Return beef to the pan, pour the sauce over everything, and toss to coat. Cook 2–3 minutes until sauce thickens and glazes the ingredients.
5. Finish with a drizzle of sesame oil, sprinkle sesame seeds, and serve immediately over rice or noodles.

Nutrition per serving

350 kcal	32 g	25 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of water or extra broth.
- For extra crunch, toss in a handful of toasted almond slivers just before serving.
- Let the beef rest for a minute after searing to retain juices.