

## RECIPE

# Teriyaki Beef Stir Fry



## Sauce Ingredients

- ¼ cup soya sauce
- ½ cup water
- ¼ cup brown sugar
- 2 tsp minced garlic
- 2 tsp minced ginger
- 1 Tbsp honey
- 1 tsp sesame oil
- 1 Tbsp + 1 tsp cornstarch

## Ingredients

- 1 pkg steak, cut into thin slices
- 1 ½ cups broccoli florets
- 1 red pepper
- Salt & pepper to taste
- Rice - 1 serving per person in your group

## Preparation

1. **Sauce Preparation:** Place the soya sauce, brown sugar, garlic, ginger, honey and sesame oil in a small pot over medium high heat. Stir until sugar is dissolved, about 3 minutes. Turn up heat to high and bring to a boil.
2. Mix the cornstarch with 2 Tbsp of cold water until dissolved. Add the cornstarch mixture to the sauce and boil for 1-2 minutes or until sauce has thickened. Set aside.
3. Make rice according to package instructions.
4. **Stir Fry:** Heat 1 tsp canola oil in a large pan over medium-high heat. Add the vegetables and season with salt and pepper to taste. Cook about 3-5 minutes or until vegetables have started to brown and soften. Add 2 Tbsp water and cook, until water has evaporated. When your vegetables are crisp tender, remove them from the pan and set aside.
5. Wipe out the pan. Heat the remaining 2 tsp of oil in the pan over high heat.
6. Place half of the beef strips in the pan and season generously with salt and pepper. Cook 2-3 minutes on each side

or until just cooked through. Set the first batch of steak aside and repeat the process with the rest of the beef.

7. Add all of the meat and vegetables back to the pan. Pour the sauce over the top and cook 2-3 minutes over medium high heat until warmed through.