

Beef & Broccoli

recipe from Travis Petersen, The Nomad Cook

Ingredients

- 1 striploin
- 1 head of broccoli
- 1 shallot, julienned
- 1 tbsp grated ginger
- 1 clove garlic, minced
- 1/4 cup mirin
- 1/4 cup soy sauce
- 2 tbsp sake
- 1 tbsp infused sesame oil
- scallions
- toasted sesame seeds

Instructions

- Heat a sauce pan to medium heat and add mirin & sake. Reduce by 50% and lower heat to low. Add infused sesame oil and soy sauce and reduce by 30%. Remove from heat and let cool.
- Thinly slice striploin and put into a container. Pour sauce on top and let marinate for 2 hours minimum in the fridge.
- Chop broccoli into florets.
- Heat a splash of avocado oil in a wok or pan to medium high heat. Add shallots, garlic and ginger and sauté for a minute. Add sliced steak to wok/pan, reserving the marinating liquid.
- Once the beef is browned, add the broccoli and pour the reserved marinade over the beef and broccoli. Sauté until broccoli starts to become tender.
- Plate your meal and top with chopped scallions and toasted sesame seeds.

Notes

