



BEEF & BROCCOLI BOWL

by Chef David Cocker

USING: REUVEN FULLY COOKED BEEF STRIPS

Prep & Cook Time: 30 minutes

Servings: 2-3

INGREDIENTS

14 oz (400 g) Reuven Fully Cooked Beef Strips
(Product Code B03677 or B03814)
2 tbsp (30 ml) vegetable oil
10.6 oz (300 g) broccoli florets
1 tsp (5 ml) ginger, grated
2 tsp (10 ml) garlic, grated
6 tbsp (90 ml) soy sauce
3 tbsp (45 ml) light brown sugar
1 ½ tbsp (22 ml) corn starch
½ cup (125 ml) water
2 tbsp (30 ml) sesame oil
0.7 oz (20 g) carrot, julienne
2 cups (500 ml) white rice, cooked
2 tbsp (30 ml) sesame seeds

PREPARATION

In a stainless-steel bowl, mix ginger, garlic, water, soy sauce, sugar, corn starch and sesame oil. Set aside.

In a large skillet over medium high heat, add oil and sear beef strips for 2 to 3 minutes. Mix sauce mixture to mix up any cornstarch that has settled. Add directly to hot pan. Reduce heat to medium and simmer for 3-4 minutes or until thickened. Add broccoli florets and carrot, toss, and cook for 3-4 minutes until tender.

Serve with rice and garnish with sesame seeds.



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