



Auburn Farmers Market Recipe

Sesame Beef and Broccoli



Ingredients

- 1 lb. of beef flank steak, thinly sliced
- **1 head of broccoli, cut into florets**
- 2 tablespoons of vegetable oil
- **3 cloves of garlic, thinly sliced**
- **1 tablespoon of ginger, grated**
- Brown rice, for serving
- **Thinly sliced green onions, for serving**

For the sauce

- ¼ cup of soy sauce
- ¼ cup of water
- 1/3 cup of brown sugar
- 1 tablespoon of sambal oelek
- 1 tablespoon of rice vinegar
- 1 tablespoon of sesame oil
- 1 tablespoon of corn starch

All of the **bolded** ingredients can be found at the Auburn International Farmers Market.

1. Freeze the beef for 30 minutes – 1 hour for easier slicing. Slice against the grain, into very thin strips. Toss the beef strips with a generous pinch of salt.
2. Whisk the sauce ingredient together.
3. Heat a large heavy skillet over medium heat. Add a swish of oil. Working in batches, add the beef in a single layer. Let rest, undisturbed, for a minute or two to achieve nice browning on the meat. Flip each piece over and cook until browned. Remove beef from the pan.
4. Add another wish of oil to the same pan. Add the broccoli; stir-fry for 2-3 minutes, until bright green. Remove the broccoli from the pan.
5. Turn down the heat and let the pan cool a little bit. Add one last swish of oil. Add the ginger and garlic; sauté for 1-2 minutes. Add the sauce; stir until a thickened sticky sauce form. Add the beef and broccoli back in. Gently toss to coat.
6. Serve with rice, thinly slice green onions, and sesame seeds.



Recipes brought to you by Auburn Parks, Arts & Recreation AmeriCorps Member.