



Orange Ginger Beef with Broccoli

Camine Pappas / Serves 4 / August 2019



INGREDIENTS:

- 1 ¾ lb sirloin cut into small strips
- 6 C broccoli florettes
- 1 large orange and zest of that orange
- 3 t small diced jalapeno
- ¼ C white onion diced
- ½ T grated fresh ginger
- 3 T + 2 T soy sauce divided
- 1 T rice wine vinegar
- ½ t sesame oil
- 2 large garlic cloves diced small
- 2 T honey
- 1/3 C chopped peanuts
- 3 T chopped fresh cilantro
- 2 T light oil
- 2 C cooked jasmine rice

METHOD:

Start cooking the rice and then let it cook while you do the prep and sautéing of remaining ingredients.

Zest the orange and set aside. Then cut the remaining peeling off the orange and cut out the sections making sure all of the section skin is removed and only the fruit remains. Set aside. Then chop the onion, chop the peanuts, chop the cilantro, cut the beef into small strips, cut up the broccoli and set aside so you're ready to cook. This dish comes together FAST!

For the soy sauce mixture combine the ginger, 3 T soy sauce, rice wine vinegar, sesame oil, garlic, orange zest, and honey in a small bowl. Blend well. Add it to the cut up beef in a bowl large enough to work in, and make sure it covers all the meat by tossing with a spoon, or use your hands to toss. Set aside.

Heat a large saucepan and add the 2 T oil. Begin to stir-fry the broccoli and the onion until the onion begins to soften and the broccoli is a bright color. This takes about 3-4 minutes. Add the orange sections and the beef mixture. Add and stir until the beef is medium rare and the broccoli is soft. Only takes a few quick minutes! Add the cilantro and stir. Add the remaining 2 T soy sauce and serve!

Serve over white rice with a sprinkling of peanuts and more cilantro if desired.

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