

## Sesame Beef-Broccoli Stir fry

Make sauce, then set aside until the last minute of cooking:

- ¼ cup soy sauce
- 2 tablespoons minced fresh ginger (or out of a jar or tube)
- 2 teaspoons minced garlic
- ½ teaspoon crushed red pepper (or less, if desired)
- 1 cup cold water
- 2 teaspoons cornstarch

In a bowl, toss together:

- ~1 – 2 lbs of “fast fry steak” (NOT minute steak), cut into 1cm strips
- 3 tablespoons sesame seeds

Heat a large frying pan or wok, then add:

- 2 tablespoons vegetable oil

When oil is hot, add the beef-sesame seeds mixture, and stirfry until beef is browned, about 2 minutes. Remove the beef from the pan, and set aside.

In the hot frying pan, add:

- 1 tablespoon oil

When oil is hot, add and stir fry for 2 minutes:

- 1 cup thinly sliced carrots
- 4-5 cups of broccoli florets

Reduce heat to medium; return the beef (and any of its liquid) to the pan. All at once, add the sauce. Cook and stir until the sauce has become translucent, and has coated all of the meat and vegetables.

Serve on brown rice.