RECIPE

# Beef and Broccoli

MAKES

4 plates US Metric

TOTAL

45 min

## Ingredients

- [ ] 8 oz flat iron steak, trimmed
- [ ] 14 oz firm tofu, patted dry and cut in ¾-inch cubes
- [ ] 1 ½ tbsp less-sodium soy sauce, for the marinade
- [ ] 1 tbsp cornstarch, for the marinade
- [ ] 1 tsp sesame oil, for the marinade
- [ ] 12 oz broccoli florets
- [ ] 4 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1 ½ tbsp less-sodium soy sauce, for the sauce
- [ ] 2 tbsp oyster sauce
- [ ] ⅓ cup chicken broth
- [ ] 1 tsp brown sugar
- [ ] 2 tsp cornstarch, for the sauce
- [ ] 1 tsp sesame oil, to finish
- [ ] ¼ tsp crushed red pepper
- [ ] 1 cup brown rice (185 g dry)

## Method

1. Start the brown rice first: simmer it, covered, in 2½ cups water for 45 to 50 minutes, until the water is gone and the grains are tender. A mile up it can take 10 minutes longer.
2. Firm the steak 15 minutes in the freezer, slice ¼ inch thick against the grain, and toss the beef and the tofu with the marinade soy, cornstarch and sesame oil. Rest 15 minutes in the fridge.
3. Whisk the sauce: soy, oyster sauce, broth, brown sugar, cornstarch, sesame oil and pepper flakes.
4. Pat the beef dry and air-fry in a single layer at 400 °F for 6–8 minutes, shaking once, until the edges brown and the thickest slice reads 145 °F on a food thermometer. Air-fry the tofu the same way, 12–15 minutes, until golden on the outside.
5. Steam the broccoli until bright green.

6 Warm the garlic and ginger 30 seconds, add the beef, tofu and broccoli, stir the sauce and pour it in. Toss 1–2 minutes over medium until it glazes. Serve on the brown rice.