



## Spicy orange beef & broccoli stir-fry (serve with rice)

6 servings

Preparation time: 30 minutes

Cooking time: 30 minutes

### Ingredients

- \* 3 oranges
- \* 3 tablespoons reduced-sodium soy sauce
- \* 1 tablespoon Chinese rice wine or dry sherry
- \* 1 tablespoon cornflour
- \* 1/2 teaspoon sugar
- \* 3 teaspoons peanut oil or canola oil divided
- \* 1 pound sirloin beef, trimmed and sliced against the grain into very thick slices
- \* 2 tablespoons minced garlic
- \* 2 tablespoons minced fresh ginger
- \* 6-8 small dried red chillis
- \* 2 pounds broccoli, cut into small florets
- \* 1/3 cup water
- \* 1 red bell pepper, seeded and sliced
- \* Sliced scallion greens

### Preparation

- 1 - With a small sharp knife or vegetable peeler, carefully pare strips of zest from one of the oranges. Cut zest into thick strips and set aside. Squeeze juice from all the oranges into a small bowl (for about 3/4 cup). Add soy sauce, rice wine (or sherry), cornstarch and sugar and stir to combine; set aside.
- 2 - Heat 1 teaspoon oil in a wok over high heat until almost smoking. Add beef and stir-fry just until no longer pink on the outside, about 1 minute. Transfer to a plate lined with paper towels and set aside.
- 3 - Add the remaining 2 teaspoons oil to the pan and heat until very hot. Add garlic, ginger, chillis and the reserved orange zest; stir-fry until fragrant, about 30 seconds. Add broccoli and water. Cover and steam, stirring occasionally, until the water has evaporated and the broccoli sizzles, about 3 minutes. Add bell pepper and stir-fry for one minute more.
- 4 - Stir the reserved orange sauce and pour it into the wok. Bring to the boil, stirring; cook until the sauce has thickened slightly, 1 to 2 minutes. Add scallion greens and the reserved beef and toss to coat with sauce; heat through.