

# Beef, Broccoli and Oyster Sauce by Suzie Lee

## (Serves 2)

<b>Ingredients</b>	
<p><b>Marinated Beef</b>            250g beef rump steak (finely sliced)            ½ tsp cornflour            1 tsp soy sauce            ½ tsp sesame oil            Pinch of salt and white pepper</p> <p><b>Vegetables</b>            ½ head of broccoli – cut up into small florets            500ml of tap water            1 small onion finely sliced</p>	<p><b>Sauce</b>            ½ tsp of chopped ginger (can use frozen)            ½ tsp of chopped garlic (can use frozen)            ½ chicken stock cube            2 tbsp of oyster sauce            Salt and pepper            Sesame oil            2 tbsp of cornflour and cold water (enough to make a paste)</p> <p><b>Rice (or you can buy ready to heat packets)</b>            200g Basmati Rice            Cold tap water            Check out my episode of 'Chicken' on Suzie Lee's Home Cook Heroes on BBC iplayer for the visuals on how to cook proper fluffy basmati rice. <a href="http://www.bbc.co.uk/suzielee">www.bbc.co.uk/suzielee</a></p>

### Method

1. Rice - (This should be made in advance if cooking the rice from scratch),  
 Rinse the rice 3 times with cold water and to get the starchy murky water away, then fill again and make sure the pot is level, so the rice is level in it. You want enough water to reach your first knuckle in your middle finger. Bring to the boil and then bring it down to a simmer and when all the water is nearly evaporated, turn the heat off and put lid on the pot. 10 minutes later you will have perfect fluffy rice.
2. Marinate the beef strips in advance, this can be done 10 min prior and up to the day before.
3. Bring 500ml of tap water up to a boil. Then add in the broccoli florets. Boil for about 5 minutes to just cook, then use a slotted spoon and place florets in a bowl. Do not throw out the boiling water the broccoli was cooked in.
4. In a large frying pan or wok, fry off the beef in about 1 tbsp of veg oil for 2 minutes.... just till the beef has changed colour, no longer! Fry these off in batches, don't over crowd the pan. Then put cooked beef in a bowl to a side. Do not clean the pan!
5. In the same wok or large frying pan add a little bit of veg oil, add in the onions and add 1 tbsp of water and this helps to soften the onions. Cook for a couple of minutes till onions are starting to go soft and then add in the ginger and garlic and fry for a further couple of minutes.
6. Add in the oyster sauce, and cooking for a couple of minutes, add in about half of the broccoli cooking water and crumble in half of the chicken stock cube, let this bubble away and then add in the sesame oil. Taste, add salt and pepper to taste. Then add in the cornflour paste when the sauce is bubbling away and you will see it thicken. (IF you want it to have more sauce, add more broccoli water and more cornflour paste to thicken).
7. Then add in the beef strips and broccoli, quickly toss everything together so everything is coated in the sauce, cook for another 2 minutes and then served with the rice!
8. ENJOY!

<b>Equipment</b>	
Knives Bowls Wok/large frying pan Pot for rice if making from scratch Pot for the broccoli	Wooden spoons tongs Measuring spoons Scales Jug