



Beef and Broccoli

Meat Marinade

- 1/2 tsp. baking soda
- 1 tsp. sugar
- 1 TBSP cornstarch
- 1 TBSP low sodium soy sauce
- 1 TBSP water
- 2 TBSP vegetable oil
- 1 1/2 lbs. flank steak, sliced into thin strips



Cooking Sauce

- 1/2 cup low sodium soy sauce
- 2 TBSP brown sugar
- 4 cloves garlic, minced
- 2 TBSP flour
- 1 TBSP sherry

Other Ingredients

- 4 cups Gold Coast Broccoli Florets (1/2 of 2 lb. bag)
- 3 TBSP vegetable oil, divided

Directions

1. Whisk together all meat marinade ingredients. Toss steak into marinade, making sure all pieces are coated in sauce. Cover and refrigerate at least an hour.
2. In a large pan heat 2 TBSP of vegetable oil over high heat. Add Gold Coast Broccoli and sauté for 3 minutes, stirring often. Remove from pan and place on dish.
3. Over medium-high heat, add remaining 1 TBSP of vegetable oil. Add the marinated meat and half of the cooking sauce, sauté 5-7 minutes, stirring often, until meat is no longer pink.
4. Stir in Gold Coast Broccoli and remaining sauce, cook for a few minutes until sauce is evenly distributed and Broccoli has been warmed.
5. Enjoy!

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