



Beef & Broccoli



prep time
5 minutes



total time
20 minutes



servings
4

Ingredients

- 1 tbsp olive oil, divided ~ 1 fat serving
- 1 1/2 lbs/675 grams flank steak, very thinly sliced across the grain ~ 21 protein servings
- 3 cloves garlic, minced
- 1 shallot, finely chopped
- 4 green onions, thinly sliced
- 4 cups broccoli florets, about 2 small crowns ~ 4 veggie servings
- 2 tbsp arrowroot starch ~ 0.5 carb serving
- 3/4 cup water
- 1/3 cup low-sodium soy sauce
- 1 tbsp coconut sugar ~ 1 carb serving
- 1 tsp fresh ginger, minced
- 1/8 tsp crushed red pepper flakes

Instructions

- 1 Heat the oil in a skillet over medium-high heat. Add the beef and cook until well-browned, about 6-8 minutes. Once well-browned, remove from pan and set aside.
- 2 In the same pan, add garlic, shallot and green onions to the beef drippings. Cook one minute, stirring frequently. Add broccoli and cover for 5 minutes.
- 3 In a small mixing bowl, combine water and arrowroot starch and mix until no longer lumpy. Combine soy sauce, coconut sugar, ginger and red pepper flakes in a medium bowl. Add arrowroot starch mixture and stir to combine. Set aside.

- 4 Remove cover from pan and add sauce. Cook until sauce starts to thicken, about 3-5 minutes. Add beef and stir to combine, cooking an additional 2-3 minutes.
- 5 Could be served over rice, cauliflower rice or alongside with your side of choice.



Whole Recipe Breakdown:
21 Servings Protein
1.5 Servings Carb
1 Serving Fat
4 Servings Veggies

 one pan meal

