**Szechwan Beef with Broccoli**

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| 150 mL rice  300 mL water  *Marinade*  70 mL soy sauce  20 mL brown sugar  2 mL ginger powder  2 mL garlic powder  10 mL lemon juice  175 g beef, cut into strips  15 mL oil | *Sauce*  8 mL cornstarch  20 mL cooking sherry  60 mL Oyster sauce  30 mL water  1 mL red pepper flakes  7 mL peeled & slivered ginger  1 clove garlic, minced  ½ red pepper, cut into strips  1/2 bunch broccoli, cut into florets  1 celery stalk, cut diagonally  2 green onions, cut diagonally |

1. In a medium pot over high heat, combine rice and water. Bring to a boil. Cover and reduce to low. Simmer for 20 minutes. No peeking.
2. In a medium bowl. Combine soy sauce, brown sugar, ginger powder, garlic powder and lemon juice. Marinate beef strips in teriyaki marinade for 10 minutes.
3. Prepare all vegetables. In a liquid measuring cup, combine sauce ingredients: cornstarch, cooking sherry, Oyster sauce, water and red pepper flakes. Set aside.
4. Place oil in wok or frying pan over medium-high heat. Stir-fry meat for 3 minutes. Set aside.
5. Add ginger and garlic to wok, stir fry for about 1 minute or until fragrant (add more oil if need be).
6. Add broccoli, stir fry for 3 minutes or until bright green.
7. Add in red pepper, celery and green onions, stir-fry for 2- 3 minutes or tender crisp.
8. Add meat and sauce to wok, stir-fry for 3 minutes. Serve on a bed of rice.