**Broccoli Beef**

8 oz (250 g) beef tenderloin, flank steak or flap meat, cut into pieces

6 oz (175 g) broccoli florets

Water, for boiling

2 1/2 tbsp oil

2-in (5 cm) ginger, peeled and sliced

Marinade:

1/2 tsp soy sauce

1 tsp rice wine or sherry

1/4 tsp sesame oil, optional

3 dashes white pepper

1 tbsp corn starch

Sauce:

1 tbsp soy sauce

1 tbsp oyster sauce

1/4 tsp sesame oil

1/2 tsp sugar

1 tsp corn starch

4 tsp water

1. Marinate the beef with all the ingredients for the Marinade, about 15 minutes.
2. Bring the water to boil and add a few drops of oil. Blanch the broccoli florets in the hot water, about 10 seconds. Remove the broccoli immediately with a strainer or slotted spoon, draining the excess water. Set aside.
3. Heat 1 tablespoon of oil in a wok or skillet over high heat. Stir-fry the beef until 70% cooked. Dish out and set aside.
4. Heat the remaining oil in a wok or skillet over high heat. Add the ginger and stir-fry until aromatic. Transfer the beef into the wok or skillet and stir-fry until the beef is cooked through and the center of the meat is no longer pink, about 1-2 minutes. Add the broccoli and then the Sauce, stir to combine the ingredients well.
5. As soon as the Sauce thickens, dish out and serve immediately.

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