

Quick 20-Minute Beef Sauté: The Ultimate Weeknight Dinner Solution

The Ultimate Beef and Vegetable Stir-Fry: A Quick, Savory Weeknight Classic



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30 min

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INGREDIENTS

For the Beef & Marinade:

1/2 lb Steak (Sirloin or Flank): Sliced thinly against the grain.

1 tbsp Soy Sauce: For that essential salty base.

1 tsp Cornstarch: This is the "secret weapon" for tender meat.

1 tsp Sesame Oil (Optional): Adds a beautiful toasted aroma.

For the Stir-Fry Sauce:

2 tbsp Soy Sauce: Low sodium is a great choice here.

1 tbsp Oyster Sauce or Hoisin: Adds depth and a hint of sweetness.

1 tsp Garlic: Freshly minced for the best flavor.

1/2 tsp Ginger: Grated fresh or ground.

1/2 tsp Honey or Brown Sugar: To balance the salt.

1 tbsp Water: To help the sauce coat everything evenly.

The Vegetables:

1 cup Broccoli Florets: Cut into bite-sized pieces.

1 large Carrot: Cut into matchsticks (juliened).

1/4 Yellow Bell Pepper: Thinly sliced for a pop of color.

The Perfect Base:

1 cup Jasmine or Long-Grain White Rice

2 cups Water

Pinch of Salt

DIRECTIONS

1. **Prepare the Rice:** Start by rinsing your rice under cold water until the water runs clear. In a small pot, bring the rice, water, and salt to a boil. Once boiling, cover with a tight-fitting lid, reduce the heat to the lowest setting, and simmer for 15 minutes. Once done, remove from heat and let it sit (covered) for 5 minutes before fluffing with a fork.
2. **Marinate the Beef:** While the rice is simmering, toss your thinly sliced beef with soy sauce, cornstarch, and sesame oil in a bowl. Let it sit for at least 10 minutes. This short marination period allows the cornstarch to create a protective barrier, keeping the juices inside the meat.
3. **Sear the Steak:** Heat a tablespoon of high-smoke-point oil (like vegetable or canola) in a wok or large skillet over high heat. Once the pan is shimmering, add the beef in a single layer. Sear for 2-3 minutes until browned and slightly crispy on the edges. Remove the beef from the pan and set aside.
4. **SautØ the Vegetables:** In the same pan, add a splash more oil if needed. Toss in the broccoli, carrots, and bell peppers. SautØ for 3-5 minutes. You want them to be "crisp-tender"-bright in color but still with a slight bite.
5. **Bring it All Together:** Add the beef back into the skillet with the vegetables. Pour your whisked sauce mixture over the top. Toss everything together for 1-2 minutes over medium-high heat. The sauce will thicken slightly and become glossy, beautifully coating every piece of beef and broccoli.

SWAPS & NOTES

Protein: If you aren't feeling beef, you can easily swap in chicken or shrimp.

For a vegetarian version, extra-firm tofu or tempeh works beautifully.

Vegetables: Feel free to clear out your crisper drawer!

Snap peas, baby corn, or bok choy are excellent additions.

TIPS FOR SUCCESS

Slice Against the Grain: When prepping your steak, look for the direction of the muscle fibers and slice perpendicular to them.

This breaks up the fibers and makes the meat much easier to chew.

High Heat is Key: Stir-frying is meant to be fast.

Ensure your pan is very hot before adding the meat to get that perfect sear without boiling the beef in its own juices.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/quick-20-minute-beef-saute-the-ultimate-weeknight-dinner-solution/>