

Savory Garlic-Ginger Beef with Bok Choy in a Rich Umami Glaze

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TIME
2 to 3 min

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INGREDIENTS

1 pound beef, thinly sliced
4 cups bok choy, chopped
4 cloves garlic, minced
1 tablespoon fresh ginger, minced or grated
1/4 cup soy sauce
1/2 cup beef broth
2 tablespoons brown sugar or honey
1 tablespoon cornstarch
1 tablespoon sesame oil or neutral cooking oil
Salt and black pepper, to taste
Optional garnish: sliced green onions, sesame seeds, red pepper flakes

DIRECTIONS

1. In a small bowl, whisk together the soy sauce, beef broth, brown sugar or honey, and cornstarch until smooth. Set aside.
2. Season the thinly sliced beef lightly with salt and black pepper.
3. Heat the oil in a large skillet or wok over medium-high heat.
4. Add the beef in a single layer and cook until browned, about 2 to 3 minutes per side. Work in batches if needed to avoid overcrowding.
5. Remove the beef from the skillet and set aside.
6. In the same skillet, add the garlic and ginger and cook for about 30 seconds, just until fragrant.
7. Add the chopped bok choy and stir-fry for 2 to 3 minutes, until just tender.
8. Return the beef to the skillet.
9. Pour in the sauce mixture and toss everything together until the sauce thickens and coats the beef and bok choy.
10. Taste and adjust seasoning if needed.
11. Serve hot over rice or noodles, with green onions, sesame seeds, or red pepper flakes if desired.

SWAPS & NOTES

Flank steak, sirloin, or any tender cut of beef works well here as long as it is sliced thinly against the grain.

Thin slices help the beef cook fast and stay tender.

Bok choy is ideal because it softens nicely while still keeping a little texture.

Baby bok choy is especially great if you want a more delicate bite.

TIPS FOR SUCCESS

Slice the beef as thinly as possible for the most tender result.

A quick trick is to place it in the freezer for 15 minutes before slicing to make it easier to cut.

Have all your ingredients ready before you start cooking.

This dish moves quickly once the pan is hot, so prep makes everything smoother.

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