

## Beef and Broccoli in Garlic Soy Glaze Better Than Takeout

1 pound flank steak or sirloin, thinly sliced against the grain



**TIME**  
**15 min**

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**ChefManiac**

### INGREDIENTS

- 1 pound flank steak or sirloin, thinly sliced against the grain
- 3 cups broccoli florets
- 2 tablespoons vegetable oil, divided
- 4 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- 1/2 cup low-sodium soy sauce
- 1/4 cup beef broth or water
- 2 tablespoons brown sugar
- 1 tablespoon oyster sauce
- 1 tablespoon rice vinegar
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1/4 teaspoon black pepper
- Sesame seeds, for garnish
- Sliced green onions, for garnish
- Cooked rice or noodles, for serving

### DIRECTIONS

1. Make the sauce. In a bowl, whisk together the soy sauce, beef broth, brown sugar, oyster sauce, rice vinegar, and black pepper. In a separate small bowl, stir together the cornstarch and water to make a slurry.
2. Cook the broccoli. Heat 1 tablespoon of oil in a large skillet or wok over medium-high heat. Add the broccoli and cook for 3 to 4 minutes until bright green and just tender. Remove from the pan and set aside.
3. Sear the beef. Add the remaining tablespoon of oil to the skillet. Add the sliced beef in a single layer and cook for 2 to 3 minutes, stirring as needed, until browned and nearly cooked through.
4. Add the aromatics. Stir in the garlic and ginger and cook for about 30 seconds, just until fragrant.
5. Pour in the sauce. Add the prepared sauce to the skillet and bring it to a simmer.
6. Thicken the glaze. Stir in the cornstarch slurry and cook for 1 to 2 minutes, until the sauce thickens into a glossy glaze.
7. Finish the dish. Return the broccoli to the skillet and toss everything together until evenly coated and heated through.
8. Serve. Spoon over cooked rice or noodles and garnish with sesame seeds and green onions.

### SWAPS & NOTES

Flank steak is a great choice because it cooks quickly and stays tender when sliced thin, but sirloin works beautifully

too.

If you want to switch things up, chicken can also be used in place of the beef.

Fresh broccoli gives the best crisp-tender texture, but frozen broccoli can work in a pinch.

Just avoid overcooking it so it doesn't turn too soft once the sauce is added.

## TIPS FOR SUCCESS

The biggest key here is cooking the beef quickly over fairly high heat.

Thin slices cook fast, and overcooking can make them tough.

If needed, cook the beef in batches so it sears instead of steaming.

Have all your ingredients ready before you start cooking, because once the skillet gets going, this recipe moves fast.

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Original recipe: <https://chefmaniac.com/beef-and-broccoli-in-garlic-soy-glaze-better-than-takeout/>