

BEEF & BROCCOLI STIRFRY

- 1 tbsp. oil
- 3/4 lb. steak, cut into thin strips
- 1 clove garlic, finely chopped
- 1/8 tsp. ginger
- 1-1/2 cups broccoli
- 1 tbsp. corn starch
- 1/2 cup beef broth
- 1 tbsp. sherry or white wine
- 1 tbsp. soya sauce
- Toasted sesame seeds - optional

Heat oil in 12" X 8" pan for 2 minutes in microwave on high. Stir in beef, garlic and ginger and cook on high for 4 to 5 minutes - stirring twice. Add broccoli and cook on high, covered, for 4 to 6 minutes; stirring once until broccoli is tender crisp. Blend broth, sherry, soya sauce and corn starch until smooth and stir into beef mixture. Cook on high for 4 to 5 minutes until sauce thickens, stirring once. Top with seeds and stir.

