Healthy Beef, Broccoli and Brown Rice Stir-Fry

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 250g beef fillet strips
- 60ml hot beef stock
- 1 tbsp sesame seeds
- 1 tbsp soy sauce
- 1 tbsp grated ginger
- 1 crushed garlic clove
- 1/2 tsp cornflour
- Small red onion, chopped
- 4-6 broccoli florets, halved
- Small green pepper, sliced

- Sesame oil
- 150g wholegrain rice

- Fresh coriander to garnish

Instructions

1. Toss the beef in half of the sesame seeds.
2. Add the rice to a pan of water. Bring to the boil, then cover and leave to simmer for 20-25 minutes.

3. Stir the stock with the soy sauce, ginger, garlic and cornflour.
4. Fry the beef in sesame oil for a few minutes. Take out of the pan and set aside.

5. Add a little more sesame oil to the pan and fry the onion, broccoli and pepper.
6. Pour in the stock mixture and leave to simmer for about 10 minutes. Return the beef to the pan for a few more minutes.
7. Divide between 2 plates, sprinkling over the rest of the sesame seeds. Garnish with coriander and serve with the steamed rice.