



One Pan Beef & Broccoli

4 servings

15 minutes

Ingredients

500 grams Flank Steak (sliced thin against the grain)
 1/4 cup Coconut Aminos (divided)
 1 tbsp Coconut Sugar (divided)
 1 tbsp Avocado Oil (divided)
 2 tbsps Water
 1 tbsp Fish Sauce
 1 tsp Arrowroot Powder
 4 cups Broccoli (florets, chopped)
 10 Cremini Mushrooms (sliced)
 3 Garlic (cloves, thinly sliced)
 1 tsp Ginger (minced)

Nutrition

Amount per serving	
Calories	308
Fat	14g
Carbs	14g
Fiber	3g
Sugar	8g
Protein	31g
Cholesterol	85mg
Sodium	724mg
Vitamin A	568IU
Vitamin C	83mg
Calcium	85mg
Iron	3mg

Directions

- 1 Add the beef, 1/4 of the coconut aminos, 1/2 of the coconut sugar, and 1/3 of the oil to a large bowl. Gently toss to combine and set aside.
- 2 Whisk the remaining coconut aminos, remaining coconut sugar, water, fish sauce, and arrowroot powder in a small bowl. Set aside.
- 3 Heat a large wok or pan over medium-high heat. Add the remaining oil. Once hot, add the beef in a single layer and cook for two minutes, flipping once. Remove with a slotted spoon and set aside on a plate. If needed, repeat with any remaining beef.
- 4 Add the broccoli and cook for one minute. Add the mushrooms and cook for one to two minutes, stirring often until the mushrooms are softened. Add a splash of water if needed to avoid sticking.
- 5 Reduce the heat to medium. Add the garlic and ginger and return the beef to the pan. Add the sauce and cook for one to two minutes, until everything is well coated and the sauce has thickened. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is about 1 1/4 cups.

No Fish Sauce: Omit and use more coconut aminos.

No Coconut Aminos: Use tamari or soy sauce instead.

More Flavor: Add oyster sauce. Top with green onions.