

Columbia River Beef and Broccoli Stir-Fry

TOTAL PREP TIME: 20 minutes

TOTAL COOK TIME: 20 minutes

STIR-FRY:

1 lb Tender beef (such as sirloin or flank steak), thinly sliced
4 C Broccoli florets
1 C Cherry tomatoes, halved
1/2 C Red onion, thinly sliced

1 C Mushrooms, sliced
1/4 C Toasted hazelnuts, chopped
2 T Olive oil
2 cloves Garlic, minced
1 T Fresh ginger, minced

SAUCE:

1/4 C Soy sauce
1/4 C Beef broth
2 T Hoisin sauce
1 T Oyster sauce
1 T Rice vinegar
1 T Cornstarch

1 T Water
1/4 C Hazelnut tea, brewed and cooled
1 T Brown sugar
1/2 t red pepper flakes (optional)
1/2 t Chinese five-spice powder
1/2 t Ground Sichuan peppercorns

RICE:

1 C Basmati rice
2 C Water

1 Tea bag filled with hazelnut tea leaves

PREPARE THE RICE: In a medium saucepan, bring 2 cups of water to a boil. Add the tea bag filled with hazelnut tea leaves and let it steep for 5 minutes. Remove the tea bag, add the basmati rice, and cook according to package instructions until the rice is tender and fluffy.

PREPARE THE SAUCE: In a small bowl, whisk together soy sauce, beef broth, hoisin sauce, oyster sauce, rice vinegar, hazelnut tea, brown sugar, red pepper flakes (if using), Chinese five-spice powder, and ground Sichuan peppercorns. In a separate small bowl, mix cornstarch and water to create a slurry. Set both aside.

STIR-FRY THE BEEF: Heat 1 tablespoon of olive oil in a large skillet or wok over medium-high heat. Add the thinly sliced beef and stir-fry until browned and cooked through, about 3-4 minutes. Remove the beef from the skillet and set aside.

COOK THE VEGETABLES: In the same skillet, add the remaining tablespoon of olive oil. Add garlic and ginger, and sauté until fragrant, about 1 minute. Add broccoli florets, red onion, and mushrooms, and stir-fry until the broccoli is tender-crisp, about 4-5 minutes. Add cherry tomatoes and cook for an additional 1-2 minutes.

COMBINE AND FINISH: Return the beef to the skillet. Pour the sauce over the beef and vegetables, stirring to coat. Add the cornstarch slurry and cook until the sauce has thickened, about 2-3 minutes.

SERVE: Serve stir-fry over the hazelnut-infused basmati rice. Sprinkle with toasted hazelnuts before serving.