

## GUASTELLO'S VILLAGE MARKET

# Teriyaki Beef Stir-Fry

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Serves 4

### Ingredients

For the stir fry

1 1/4 lbs. thinly sliced steak such as flank steak or sirloin  
3 cups of mixed vegetables (I used broccoli florets and sliced bell peppers)  
salt and pepper to taste  
1 tablespoon vegetable oil  
Optional garnishes: sliced green onions and sesame seeds

For the sauce

1/4 cup soy sauce  
1/2 cup water  
1/4 cup brown sugar  
2 teaspoons minced garlic  
2 teaspoons minced ginger  
1 tablespoon of honey  
1 teaspoon toasted sesame oil  
1 tablespoon + 1 teaspoon cornstarch

Instructions:

For the sauce: Place the soy sauce, water, brown sugar, garlic, ginger, honey and sesame oil in a small pot over medium high heat. Stir until sugar is dissolved, about 3 minutes. Turn up heat to high and bring to a boil.

Mix the cornstarch with 2 tablespoons of cold water until dissolved. Add the cornstarch mixture to the sauce and boil for 1-2 minutes or until sauce has thickened. Set sauce aside.

For the stir fry: Heat 1 teaspoon vegetable oil in a large pan over medium-high heat. Add the vegetables and season with salt and pepper to taste. Cook for 3-5 minutes or until vegetables have started to brown and soften.

Add 2 tablespoons of water and cook, until water has evaporated. When your vegetables are crisp tender remove them from the pan and set aside.

Wipe out the pan. Heat the remaining 2 teaspoons of oil in the pan over high heat.

Place half of the steak in the pan and season generously with salt and pepper. Cook for 2-3 minutes on each side or until just cooked through.

Set the first batch of steak aside and repeat the process with the rest of the beef.

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Add all of the meat and vegetables back to the pan. Pour the sauce over the top and cook for 2-3 minutes over medium high heat until warmed through.

Garnish with sesame seeds and sliced green onions if desired.

***Credit: [dinneratthetoo.com](http://dinneratthetoo.com)***