

Stir-Fried Beef with Vegetables

Serves: 4

Ingredients:

- **For the Beef:**
 - 3/4 pound (375 grams) skirt or flank steak (or substitute with chicken)
 - 2 tablespoons cornstarch (divided)
 - Salt & pepper to taste
 - Peanut or avocado oil (for cooking)
- **For the Sauce:**
 - 1/3 cup soy sauce
 - 2 tablespoons rice vinegar or apple cider vinegar
 - 6 to 7 drops of sesame oil
 - 1 tablespoon brown sugar (optional)
- **For the Aromatics:**
 - 1 tablespoon minced ginger
 - 4 large garlic cloves, minced
 - 2 scallions — chopped (white, light green, and dark green) or 3 tablespoons chopped onion
 - 1/2 jalapeño — finely chopped (optional)
- **For the Vegetables:**
 - 2 celery stalks — threaded and cut diagonally
 - 10 asparagus stalks — ends trimmed
 - 6 broccolini stalks with florets
 - 2 carrots — peeled and julienned

Instructions:

1. **Prepare the Beef:**
 - Trim any fat from the beef and cut it into strips, slicing on the bias.
 - Place the beef in a bowl and sprinkle with 1 tablespoon of cornstarch, salt, and pepper. Mix well and set aside.
2. **Prepare the Sauce:**
 - In a small bowl, whisk together the soy sauce, rice vinegar, sesame oil, brown sugar (if using), and the remaining 1 tablespoon of cornstarch. Set aside.
3. **Prepare the Aromatics:**
 - In another small bowl, combine the minced ginger, garlic, scallions (or onion), and jalapeño (if using). Set aside.

4. Cook the Beef:

- Heat some oil in a wok or deep skillet over high heat until very hot.
- Add the beef and stir-fry until cooked through. Remove from the wok and set aside in a bowl.

5. Cook the Aromatics:

- Add a little more oil to the skillet.
- Add the aromatic mixture (ginger, garlic, scallions/onion, jalapeño) and cook, stirring constantly, until softened and fragrant.

6. Cook the Vegetables:

- Add the prepared vegetables (celery, asparagus, broccolini, and carrots) to the wok.
- Stir-fry until the vegetables are cooked but still crisp.

7. Combine and Finish:

- Return the cooked beef to the wok with the vegetables.
- Pour in the sauce and cook, stirring, until the sauce thickens and coats the beef and vegetables evenly.

8. Serve:

- Turn off the heat and serve the stir-fried beef with vegetables immediately. Enjoy with steamed rice if desired.

This recipe is versatile and can be adjusted to your taste preferences. Enjoy your meal!