

Orange Broccoli, Beef, and Mushrooms

From *www.bonappetit.com*

1/2 cup fresh orange juice
5 tsp (or more) soy sauce
1 tsp grated peeled ginger plus 2 1/2-inch piece peeled ginger, julienned
4 Tbsp vegetable or olive oil, divided
1 bunch of broccoli, cut into small florets
1 tsp kosher salt plus more for seasoning
1/4 tsp sugar
1/2 lb flank steak
Freshly ground black pepper
1 large shallot, chopped
2 garlic cloves, minced
3 ounces mushrooms, stems removed, caps quartered
Steamed white or brown rice

- Stir orange juice, soy sauce, and 1 tsp. grated ginger in a small bowl. Set aside.
- Heat 2 Tbsp. oil in a large slope-sided skillet or a wok over high heat. Place a large plate or platter on work surface near skillet. Stir julienned ginger into oil; add broccoli and cook, tossing to coat, for 1 minute. Stir in 1 tsp. salt and sugar; add 1/4 cup water and cover. Steam, lifting cover and stirring once, until broccoli is bright green and crisp-tender, 2–3 minutes. Transfer broccoli mixture to plate and set aside.
- Wipe out skillet, then heat 1 Tbsp. oil in skillet over medium-high heat. Season flank steak with salt and pepper. Cook for 1 1/2 minutes; turn and cook for 1 1/2 minutes longer. Transfer steak to a cutting board. Let rest for 3 minutes. Cut against the grain into 1/4"-thick slices.
- Meanwhile, wipe out skillet, then heat remaining 1 Tbsp. oil in skillet. Add shallot and garlic and cook, stirring often, for 1 minute. Add mushrooms and a pinch of salt; cook, stirring occasionally, for 1–2 minutes. Add reserved broccoli and orange juice mixture; increase heat to high and cook, stirring occasionally, until pan is almost dry, about 1 minute. Add flank steak and remove from heat.
- Season with additional soy sauce, if desired, and serve hot with rice.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com