



THE ORIGINAL MAUI BEEF & BROCCOLI



TIME TO PREPARE
10 minutes



COOK TIME
15 minutes



SERVING
4 People



PREPARED BY
<https://mauiribs.com>

Ingredients

- 1 tbs vegetable oil, divided
- 3 cups fresh broccoli florets
- 10 oz tenderloin, sliced thin
- Sesame seeds to garnish (optional)

Maui Beef and Broccoli Sauce

- 1 cup of The Original Maui Ribs Sauce
- 1tbs sesame oil
- 1 tsp red pepper flakes
- 1tbs cornstarch
- 1tbs water

Steps to Cook

01. Combine 1tbs of cornstarch with 1tbs of water and stir until combined. Bring 1 cup of Original Maui Sauce to a simmer add red pepper flakes and the sesame oil. Add cornstarch Slurry continue stirring. The sauce Should thicken within 1 minute and then set it aside.
02. Heat ½ tbs of oil in a large skillet or Wok over medium heat. Add the broccoli florets cook until crisp-tender, about 5 minutes. Transfer broccoli to a plate and set aside.
03. Add ½ tablespoon of oil to the same pan. Once its heated, add the sliced tenderloin in an even layer. Cook the beef for 1 to 2 minutes on each side.
04. Time to put the broccoli back in the pan and pour the sauce over it all. Stir and coat the Broccoli and steak and you are ready to serve. Enjoy!