

## Asian Beef with Broccoli & Eggplant.

Serves 2

Prep Time: 30 mins

This is not your traditional Chinese stir-fry...we're using a nonstick skillet instead of a wok, and skipped the cornstarch traditionally used to thicken the sauce. Lighter, easier, yummiier...

### Shopping List:

#### Produce

1 sm. eggplant  
1 sm. head of broccoli  
1 inch piece of fresh ginger  
2 cloves of garlic  
1 scallion

#### Grocery

high-heat cooking oil \*  
2 tbsp tamari\*  
1 tbsp toasted sesame oil  
1 tsp honey

#### Refrigerated

½ lb of steak

#### Frozen

1 cup cooked brown rice

### Recipe:

coconut oil (or another high-heat cooking oil)  
½ lb of beef (flank steak or sirloin work well)  
1 sm. eggplant, cut into 1-inch pieces  
1 sm. head of broccoli, cut into florets  
2 tbsp tamari  
1 tbsp toasted sesame oil  
1 tsp honey  
1 inch piece of fresh ginger, minced  
2 cloves garlic, minced  
1 scallion, thinly sliced on a diagonal  
1 cup cooked brown rice

1. If you have time, place beef in the freezer for 15-30 minutes. This will make slicing easier. Slice thinly against the grain. Season with salt & pepper. Set aside.
2. Prepare stir-fry sauce by mixing together tamari, sesame oil, honey, ginger, garlic, and scallion. Set aside.
3. Heat a little oil in a large nonstick skillet, using high or med-high heat. When oil is hot, begin cooking ingredients in batches, removing from the skillet before adding the next ingredient. Cook in this order: beef, eggplant, broccoli. During cooking, add more oil to the skillet as needed, and stir frequently.
4. Reheat rice in microwave while broccoli is cooking.
5. When broccoli is just tender, add beef and eggplant back into the skillet. Pour in the stir-fry sauce and toss with the beef and veggies. Continue cooking until heated through and sauce is reduced.
6. Serve over brown rice.

### Cooks Tips:

- Tamari is a wheat-free soy sauce (gluten free). It has a richer flavor and is more balanced than soy sauce.
- It's important to use high heat cooking oil here: we like coconut, but grapeseed or canola oils will work too.
- Frozen brown rice is a staple in the Spoon & Skillet kitchens. We make this in big batches and freeze in a single later on a baking sheet. Transfer 1-cup portions to individual bags to store in the freezer.