

Foodnity Recipes

Beef and Broccoli with Mushroom Gravy

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Asian-inspired** Cuisine

Ingredients

Beef and Marinade

- [ ] 1 lb (450 g) beef sirloin or flank steak, thinly sliced against the grain
- [ ] 1 tbsp soy sauce (low sodium)
- [ ] 1 tbsp oyster sauce
- [ ] 1 tsp cornstarch
- [ ] pinch of black pepper

Vegetables and Aromatics

- [ ] 1 cup (150 g) sliced mushrooms (cremini or button)
- [ ] 2 cups broccoli florets
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp freshly grated ginger
- [ ] 1/4 tsp red pepper flakes (optional)

The Mushroom Gravy

- [ ] 1 cup (240 ml) low-sodium beef broth
- [ ] 1/2 cup (120 ml) milk (or heavy cream for richer gravy)
- [ ] 1 tbsp soy sauce (low sodium)
- [ ] 1 tbsp oyster sauce
- [ ] 1 tbsp cornstarch + 2 tbsp cold water (slurry)
- [ ] 1 tsp sesame oil

Cooking and Garnish

- [ ] 2 tbsp vegetable oil
- [ ] Salt and pepper, to taste
- [ ] 1 tbsp sliced scallions, for garnish

Instructions

1. First, let's get the beef ready. In a medium bowl, toss your 1 lb (450 g) beef sirloin or flank steak, thinly sliced against the grain with 1 tbsp soy sauce, 1 tbsp oyster sauce, 1 tsp cornstarch, and a pinch of black pepper. Honestly, just let it marinate for 5 minutes; it really helps tenderize the meat and lets those flavors sink in.

2. While that's resting, grab a small bowl and whisk together the 1 tbsp cornstarch + 2 tbsp cold water (slurry) until it's all dissolved. Just set that aside for later.

3. Heat 1 tbsp vegetable oil in your large wok or skillet over high heat until it's shimmering. Add the marinated beef and stir-fry for 2–3 minutes. You want it browned on all sides but still slightly pink inside. Move the beef to a plate for a moment.

4. Add the remaining 1 tbsp vegetable oil to the pan. Sauté your minced garlic, grated ginger, and 1/4 tsp red pepper flakes (if you're using them) for about 30 seconds. Once it smells wonderful, add the 1 cup (150 g) sliced mushrooms (cremini or button) and cook for 2–3 minutes until they soften and brown.

5. Now, quickly stir in the 2 cups broccoli florets. Cook them for 1–2 minutes. You're looking for a bright green color, but they should still have a little bit of a crisp bite.

6. Bring the beef back into the wok. Pour in the 1 cup (240 ml) low-sodium beef broth, 1/2 cup (120 ml) milk (or heavy cream for richer gravy), the remaining 1 tbsp soy sauce and 1 tbsp oyster sauce. Stir it all together and let it simmer gently for 2–3 minutes so the flavors can really meld.

7. Turn the heat down to low and whisk in that cornstarch slurry you made earlier. Keep whisking for another 1–2 minutes until the gravy thickens up and coats everything in a smooth, glossy layer.

8. Give it a taste. Add salt, pepper, and a splash of 1 tsp sesame oil if you like. The sauce should be thick and glossy, not runny.

9. Transfer everything to your favorite serving dish and sprinkle on 1 tbsp sliced scallions for a fresh little burst of color.

10. Serve this immediately over steamed jasmine rice, brown rice, or some noodles. It's just so satisfying.

Nutrition per serving

380 kcal	34 g	14 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Slicing the beef against the grain is the real secret to tenderness.
- Blanching the broccoli is optional, but it keeps that color so vibrant.
- Whisking the slurry slowly prevents those annoying lumps in the gravy.