**Beef and Broccoli Stir-Fry**

**Ingredients**

lean beef, bite size pieces

30ml hoisin sauce

2 cloved garlic

15ml minced ginger root

125ml orange juice

45ml soya sauce

10ml corn starch

15ml vegetable oil

broccoli, roughly chopped

green onion

**Method:**

1. Cut beef into thin strips.
2. In a large bowl, toss beef strips with hoisin sauce, garlic and ginger. Let marinade at room temperature for 15 minutes.
3. In a liquid measure, combine orange juice, soya sauce and cornstarch.
4. Chop broccoli into large bite size pieces.
5. Before proceeding to the next step, make sure all ingredients are prepared and ready to add.
6. In a wok or large skillet, heat oil over high heat; cook beef, stirring, for 2 minutes or until no longer pink.
7. Add broccoli and soya sauce mixture to skillet; reduce to medium heat.
8. Cover and cook for 2-3 minutes or until broccoli is tender-crisp.
9. Add green onions.
10. Cook, stirring for 1 minutes or until heated through.