

# Eat Happy Kitchen

Anna Vocino

## **ORANGE BEEF WITH BROCCOLI**

*(Serves 4)*

- 1 pound flat iron steak, halved, and then cut into 1/8" thick pieces
- 3 tablespoons gluten free soy sauce, tamari or coconut aminos, divided
- Freshly ground black pepper, for seasoning
- 2 green onions, palest white parts minced, reserve green parts chopped for garnish
- 3 teaspoons olive oil, divided
- 1 teaspoon fresh ginger
- 1/8 teaspoon red pepper flakes
- 1/2 teaspoon minced orange zest
- Juice of 1 orange
- 1 tablespoon sesame oil
- 1/2 cup water
- 3 cups broccoli florets (about 2 crowns, chopped into florets)
- 2 teaspoons arrowroot powder
- 1 tablespoon toasted sesame seeds

In a medium bowl, toss beef pieces and 2 tablespoons of the soy sauce until beef is coated, then season with freshly ground black pepper. Let sit for 10 minutes.

In a separate bowl, whisk together minced green onions, 1 teaspoon olive oil, fresh ginger, garlic, red pepper flakes, orange zest, orange juice, sesame oil, and remaining 1 tablespoon soy sauce. Set aside.

In a large nonstick sauté pan, cast iron pan, or wok, heat 1 teaspoon olive oil until shimmering and hot. Add beef pieces to pan, discarding any excess soy sauce, and cook for 1-2 minutes per side. Remove beef to a plate.

Add remaining 1 teaspoon olive oil to pan, add water and broccoli florets, cover, and let steam for 2-3 minutes until broccoli turns bright green. Remove lid, drain off excess water, and move broccoli to outer edges of the

pan. Pour in onion/ginger mixture and heat for 1 minute, until fragrant. Fold in broccoli until broccoli is coated. Fold beef pieces back into pan. Sprinkle and stir in arrowroot powder. Cook until thickened, about 1-2 minutes, stirring often. Remove from heat, garnish with green parts of the green onions and sesame seeds. Serve immediately.