Beef and Broccoli Stir-fry

Ingredients

400g steak cubed

1 teaspoon salt

1 teaspoon pepper

1 tablespoon flour

300g broccoli

120ml soy sauce

85g honey

2 garlic cloves

1 teaspoon ginger

Splash of oil

Utensils

Bowl

Wooden spoon

Chopping board

knife

measuring spoons

Knife

Saucepan

Method

Put the flour, salt and pepper into a bowl and mix. Add the beef cubes and mix until all the meat is covered.

Dice the broccoli. (Cut into small bitesize pieces)

Top and tail the garlic. Peel and crush into a bowl.

Add the soya sauce, honey and garlic and stir until all mixed together.

Put enough oil in the pan just to cover the bottom of it. Heat it up and then add the beef. Stir until brown.

Pour the sauce into the pan and stir to cover the meat. Once the sauce is bubbling add the broccoli and cook until meat is cooked all the way through and broccoli is soft.

Remember that this recipe uses raw meat. Ensure all utensils used are washed properly before being reused and that hands are washed thoroughly before touching anything.