



# GRILLED BROCCOLI BEEF

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Appliance: **Combi Microwave Oven**

Servings: **2**

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This popular stir-fry recipe can be made with sizzling results using the Broil setting in the Combi-Microwave oven.

## Ingredients

### For the stir-fry sauce:

¼ cup (60 mL) soy or tamari sauce  
1 tbsp sesame oil  
2 tbsp oyster sauce  
1 tbsp honey or sugar  
1 tbsp Shaoxing wine, sherry or Mirrin  
cooking wine  
Salt and pepper to taste

### For the broccoli and beef:

1 lb (500 g) skirt or flank steak, cut  
across the grain into ½" thin strips  
½ white onion cut into ¼" thick slices  
2 broccoli crowns cut into florets

## Instructions

First make the stir-fry sauce then toss the beef in 3 tbsp of the sauce to marinate while you finish preparing the vegetables. Combine the marinated beef with the onion slices and broccoli florets and spread onto the glass oven tray.

To heat the oven, select the Broil Mode level 3 with the left knob touch Play and heat for two minutes. Place the tray in the oven on rack position 3, counting up from the bottom and touch Play. Cook for 8 - 10 minutes until the beef is sizzling. Carefully remove the tray from the oven and pour enough marinade over the beef and vegetables to create a sauce. Return the tray to the oven, touch Play and cook for 1 - 2 minutes in the Broil Level 3 mode to heat through.