RECIPE

Beef and Broccoli, Lower Sodium

Glen's beef, tofu and broccoli for dinner, with half the soy and oyster sauce and a roasted sweet potato alongside.

MAKES

4 plates US Metric

TOTAL

45 min

Ingredients

- [ ] 6 oz flat iron steak, trimmed
- [ ] 14 oz firm tofu, patted dry and cut in ¾-inch cubes
- [ ] 1 tbsp less-sodium soy sauce, for the marinade
- [ ] 1 tbsp cornstarch, for the marinade
- [ ] 1 tsp sesame oil, for the marinade
- [ ] 12 oz broccoli florets
- [ ] 1 lb sweet potatoes, scrubbed, ¾-inch chunks
- [ ] 1 tsp olive oil, for the sweet potatoes
- [ ] 1 tsp garlic powder
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1 tbsp less-sodium soy sauce, for the sauce
- [ ] 2 tsp oyster sauce
- [ ] ⅓ cup no-salt-added chicken broth
- [ ] 1 tsp cider vinegar

Method

1. Firm the steak 15 minutes in the freezer, slice ¼ inch thick against the grain, and toss the beef and the tofu with the marinade soy, cornstarch and sesame oil. Rest 15 minutes in the fridge.
2. Toss the sweet potato chunks with the olive oil and air-fry at 400 °F for 15–18 minutes, shaking twice, until soft in the middle and brown at the edges.
3. Whisk the sauce: soy, oyster sauce, broth, vinegar, brown sugar, cornstarch, garlic powder, sesame oil and pepper flakes.
4. Pat the beef dry and air-fry in a single layer at 400 °F for 6–8 minutes, shaking once, until the edges brown and the thickest slice reads 145 °F on a food thermometer. Air-fry the tofu the same way, 12–15 minutes, until golden on the outside.

- [ ] 1 tsp brown sugar
- [ ] 2 tsp cornstarch, for the sauce
- [ ] 1 tsp sesame oil, to finish
- [ ] ¼ tsp crushed red pepper

5. Steam the broccoli until bright green.

6. Warm the ginger 30 seconds, add the beef, tofu and broccoli, stir the sauce and pour it in. Toss 1–2 minutes over medium until it glazes. Serve with the sweet potato.