

## *Idiot's Kitchen Recipe – Spicy Orange Beef*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Guy Fieri



### Ingredients:

- 1- 1.5 pounds Flank Steak (cut in very thin strips across the grain of the meat)
- 2 Tablespoons Cornstarch
- 2 Tablespoons Dry Sherry
- 2 Tablespoons Low Sodium Soy Sauce
- 1 Orange zested and juiced (about ¼ cup juice)
- 2 Tablespoons Dry Sherry (recipe uses 4 T total)
- 2 Tablespoons Low Sodium Soy Sauce (recipe uses 4 T total)
- 2 Tablespoons Hoisin Sauce
- 2 Tablespoons Honey
- 1 Tablespoon Chili Garlic Sauce
- 1 Red Bell Pepper, sliced into thin strips
- 3-4 Green Onions/Scallions chopped
- 2-3 Tablespoons Minced Fresh Ginger Root (about 1 ½ inch piece)
- 2-3 Tablespoons Canola Oil
- Sesame Oil (optional)

Brown Rice (begin cooking first)

Steamed Broccoli

Cut the flank steak into very thin strips across the grain of the meat. Mix 2 T Cornstarch, 2 T Dry Sherry and 2 T Soy Sauce in a small bowl. Put the strips of steak and the cornstarch mixture in a zipper bag and set aside to marinate while you prepare the vegetables.

Remove the zest or outer rind of the orange with a small grater or microplane and set aside. Juice the orange to make ¼ cup juice. Add 2 T Sherry, 2 T Soy Sauce, 2 T Hoisin Sauce, 2 T Honey, and 1 T Chili Garlic Sauce to the orange juice. Stir or whisk to combine.

Slice the red pepper into bite-sized strips and chop the green onions into small pieces. Remove the brown skin from the ginger root and mince or grate into tiny pieces.

In a large pan or wok, heat 2-3 T canola oil on HIGH heat. Working in small batches and cooking quickly, cook the steak for 2-3 minutes until browned but still pink in places. Remove each batch to a dish until all the meat has been cooked.

When the meat has all been cooked and removed, cook the red pepper strips, green onion and ginger 2-3 minutes until tender but still crisp.

Return the meat to the pan, reduce the heat to MEDIUM and add the orange sauce. Stir to combine and scrape up any brown bits in the bottom of the pan.

Add the orange zest and a splash of sesame oil if desired.

Serve over brown rice with steamed broccoli.