



KOREAN BBQ BEEF & BROCCOLI



Pan-seared chopped beef with onions, red bell pepper, garlic and **Tempura Battered Broccoli**, tossed in tangy Korean BBQ sauce, served over steamed rice and garnished with toasted sesame seeds. Yield: 2 Servings

Ingredients:

12 Each	Tempura Battered Broccoli [#0281720], Prepared According to Package Directions	½ Cup	Red Bell Pepper, Sliced
1 Tbsp.	Vegetable Oil	To Taste	Salt & Black Pepper
½ lb.	Beef, Chopped	2 tsp.	Garlic, Minced
½ Cup	White Onion, Sliced	½ Cup	Korean BBQ Sauce
		1 ½ Cups	White Rice, Steamed
		Garnish	Sesame Seeds, Toasted

Directions:

1. Heat the vegetable oil in a medium sauté pan on medium-high heat.
2. Add in the beef, white onion, red bell pepper, salt and black pepper and sauté for 4-5 minutes or until the beef is fully cooked.
3. Stir in the garlic, then sauté for another minute.
4. Add in the Korean BBQ sauce, then bring it to a simmer.
5. Fold in the **Tempura Battered Broccoli** to coat it in the sauce to make the Korean BBQ beef and broccoli.
6. Place the white rice into a serving dish and top with the Korean BBQ beef and broccoli.
7. Garnish with toasted sesame seeds.

