

MORTON & BASSETT SPICES®

Sesame Beef with Asparagus



- 2 pounds flank steak, thinly sliced
- 1 medium bunch asparagus, chopped into 3 inch pieces
- ½ cup, plus 1 tablespoon, soy sauce
- 1 tablespoon dry white wine or mirin
- 3 tablespoons toasted sesame oil
- 2 teaspoons Morton & Bassett Garlic Powder
- 1 teaspoon Morton & Bassett Ground Ginger
- 1 cup beef broth
- 2 tablespoons rice vinegar
- 1 tablespoon oyster sauce
- 1 tablespoon light brown sugar
- 1½ tablespoons cornstarch
- ½ teaspoon Morton & Bassett Red Chili Flakes
- 4-5 tablespoons avocado oil
- 1 bunch green onion, chopped
- 1 teaspoon Morton & Bassett Black Sesame Seeds

In a small bowl, add the sliced steak, 1 tablespoon soy sauce, white wine, 2 tablespoons toasted sesame oil, 1 teaspoon M&B Garlic Powder, and ½ teaspoon M&B Ground Ginger. Toss the steak strips, ensuring each piece is seasoned. Let rest for 30-45 minutes. In a medium bowl, combine beef broth, ½ cup soy sauce, rice vinegar, oyster sauce, 1 tablespoon toasted sesame oil, light brown sugar, M&B Red Chili Flakes, 1 teaspoon M&B Garlic Powder, ½ teaspoon M&B Ground Ginger, and cornstarch. Whisk sauce together until incorporated. Heat a large skillet over medium-high heat with 1-2 tablespoons avocado oil. Add asparagus, cooking for 3-4 minutes. Remove from the skillet and set aside. In the same skillet, use remaining oil to brown the steak strips, about 5 minutes. Cook in batches, if necessary. Pull from the skillet and set aside. Add the sauce into the skillet. Bring to a soft boil, cooking for 1-3 minutes, or until thickened. Add the asparagus and steak strips, fully saturating in the sauce. Cook until steak is desired doneness. Serve on a platter. Top with M&B Black Sesame Seeds and green onion.

Servings: 4 | Active Time: 25 minutes. | Total Time: 1 hour 15 minutes



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