



# FIRECRACKER BEEF & BROCCOLI

## INGREDIENTS

- 12 oz Strip Steak (thinly sliced)
- 2 cups Broccoli Florets
- 1/3 cups Water
- 1 scoop Ketologie Beef Broth
- 3-4 tbsp Sambal Oelek Chili Sauce
- 1 tbsp Fresh Grated Ginger
- 2 tbsp Avocado Oil
- 2 tbsp Minced Garlic
- 1 tbsp Butter
- 1 tbsp Coconut Aminos
- 1 tbsp Ketologie Sweet Like Sugar Sweetener
- 2 tsp Fish Sauce

## INSTRUCTIONS

Cut florets into smaller bite size pieces, then blanch in boiling water for about 90 seconds. Drain broccoli and shock in ice water to stop the cooking process.

Next thinly slice strip steak against the grain, lightly season with salt and pepper.

In a pan with 2 tbsp avocado oil lay each piece of steak out in the pan and sear for about 90 seconds per side until caramelized. Remove steak from pan and set aside.

Add ginger and garlic to hot pan and cook for one minute, then add water to deglaze the pan. Next add the fish sauce, coconut Aminos and Sambal Oelek to the pan. Let sauce reduce for about a minute, then add Ketologie beef bone broth powder and Ketologie Sweet Like Sugar Sweetener, whisk to combine.

Once sauce begins to thicken, add beef and broccoli back into the pan. Stir to combine all ingredients.

To finish the sauce, add one tbsp of butter once you've removed the pan from the heat and stir until it's completely melted.

To spice up the sauce even more feel free to add Korean chili flakes to the sauce or sprinkle on top as a garnish.

Title	Strawberry cheese cake
Servings	12
<b>Nutrition Facts (per 1 Serving)</b>	
Calories	333
Total Fat	29.8 g
Saturated	20.8 g
Trans	0 g
Polyunsaturated	0.7 g
Monounsaturated	8.3 g
Cholesterol	107 mg
Sodium	275.6 mg
Total Carbohydrates	8.4 g
Dietary Fiber	4.6 g
Sugar	2.3 g
Protein	6.8 g
Vitamin D	0 %
Calcium	5.1 %
Iron	5.9 %
Potassium	27.6 mg
Vitamin A	15.7 %
Vitamin C	6.3 %

\*Nutritional info does not include sugar alcohols.