



**CHINA**

**Pass  
the  
Plate**

## **Beef and Mango Stir-Fry**

3 cups frozen broccoli florets	1/4 cup low sodium soy sauce
1 ripe mango, peeled and cut into 1 inch cubes	1 teaspoon sugar
1 tablespoon canola oil	1 tablespoon garlic, chopped
1 tablespoon cornstarch	2 teaspoons grated orange peel
4 cups cooked white rice for serving	1 pound boneless sirloin steak, cut into 1-inch strips/slices

### **Preparation:**

Combine soy sauce, sugar, garlic and orange peel in a large bowl and mix well.  
Add meat and combine to coat. Cover and refrigerate 1 to 4 hours.

Place broccoli in a colander and run under hot water for 1 minute. Drain and dry well.

Drain meat well, reserving marinade. Add cornstarch to reserved marinade and mix until blended; set aside.

### **To Complete:**

Preheat heavy large wok or skillet over high heat and add the 1 tablespoon of canola oil.  
When oil begins to smoke, add meat and stir fry until almost cooked through, about 3 minutes.  
Add broccoli and stir-fry until tender, 3 minutes. Add reserved marinade and mango and boil until sauce thickens and coats meat, mango and broccoli, stirring constantly, about 2 minutes.  
Season to taste with salt and pepper, if necessary.

Serve over cooked rice.

Serves 8

These food preparations and cooking instructions are intended for adults, so be sure to have a grown up in the kitchen, and their permission, before you start on any of these recipes. Then wash up your hands and have a great time!

257 calories 8g fat 2g saturated fat 280mg sodium  
31g carbs 16g protein



**Watch Pass the Plate on Disney Channel!**

[DisneyChannel.com/PassThePlate](http://DisneyChannel.com/PassThePlate)

© Disney