

# Beef & Broccoli Sheet Pan Meal



Servings:

**4**

Prep Time:

**5 minutes**

Cook Time:

**10-12 minutes**

## Ingredients

- 3 tbsp **Minced Garlic**
- ½ cup **Coconut Aminos or Low Sodium Soy Sauce**
- 2 tbsp **Honey**
- 2 tbsp **Brown Sugar**
- 2 tbsp **Sesame Oil**
- 2 tbsp **Rice Vinegar**
- 2 tsp **Ground Ginger**
- 1 ¼ lb **Steak Tips**
- 4 cups **Broccoli Florets**
- 2 ea **Green Onions**, sliced (for garnish)

## Method of Preparation

### Step 1

Preheat oven to 425°F and line a baking pan with aluminum foil.

### Step 2

In a bowl, add soy sauce, garlic, honey, brown sugar, sesame oil, rice vinegar, and ginger. Whisk to combine.

### Step 3

Add steak to bowl and toss to coat. Marinate for 15-20 minutes.

(If you have more time, marinate for up to 1 hour).

### Step 4

Using tongs, transfer the steak tips to the lined sheet pan.

### Step 5

Add the broccoli florets to the marinade and toss to coat.

### Step 6

Transfer broccoli to the sheet pan and scatter between the pieces of steak.

### Step 7

Place in oven, bake for 10-12 minutes or until steak is cooked and broccoli is tender.

Remove from oven and garnish with scallions. Enjoy!

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