

Honey-Glazed Beef and Broccoli with Crab

This delightful Russian-inspired dish combines tender beef and vibrant broccoli, accented with sweet honey and succulent crab for a unique twist. Perfect for a satisfying main course that celebrates a fusion of flavors!



Main Dish

Russian

25 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 150g beef (thinly sliced)
- 100g broccoli florets
- 50g crab meat (cooked)
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 1 clove garlic (minced)
- 1 tablespoon vegetable oil
- Salt and pepper to taste
- Cooked rice or noodles (for serving)

Steps

- 1 Heat the vegetable oil in a skillet over medium-high heat.
- 2 Add the minced garlic and sauté for 30 seconds until fragrant.
- 3 Add the sliced beef to the skillet, season with salt and pepper, and cook until browned (about 3-4 minutes).
- 4 Stir in the broccoli florets and continue to cook for another 2-3 minutes until tender.
- 5 Drizzle in the honey and soy sauce, stirring well to coat the beef and broccoli.
- 6 Gently fold in the crab meat, allowing it to heat through for an additional minute.
- 7 Serve hot over cooked rice or noodles.