FROM OUR KITCHEN

Beef and cabbage stir fry with easy fried rice



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	20 min	30 min	4

01 Ingredients

- [ ] 500 g beef stir fry strips
- [ ] 2 eggs, lightly beaten
- [ ] 2 x 250g packets microwave brown rice and chia
- [ ] 1.2 cup (75g) frozen peas, thawed
- [ ] 2 green onions, thinly sliced +extra, to serve
- [ ] 2 tbsp vegetable oil
- [ ] 1 small red onion, thinly sliced
- [ ] 3 cm piece ginger, finely chopped
- [ ] 1 bunch asparagus, trimmed, cut into 3cm lengths
- [ ] 150 g sugar snaps, halved diagonally
- [ ] 1.4 small Chinese cabbage, roughly chopped
- [ ] 1 tbsp Shaoxing wine
- [ ] 1 tbsp rice wine vinegar
- [ ] 1 tbsp soy sauce

- [ ] 1 tsp honey

02 Step-by-step method

01 Spray a large non-stick frying pan with oil and heat over medium-high heat. Pour eggs into pan and cook for 1 to 2 minutes per side or until lightly golden. Set aside on a plate and thinly slice.

02 Prepare rice according to packet instructions.

03 Add rice, peas, green onions and egg to same pan over medium heat and cook for 2 to 3 minutes or until heated through. Cover with foil to keep warm.

04 In the same large non-stick frying pan, heat half the oil over high heat. Cook beef, in 2 batches, for 1 to 2 minutes or until browned and tender. Set aside on a plate covered with foil.

05 Reduce heat to medium-high, add remaining oil to pan and cook red onion and ginger for 1 minute. Add asparagus and sugar snaps and cook for 2 to 3 minutes, or until vegetables are nearly tender. Add cabbage and cook for a further 1 to 2 minutes.

06 Return beef to pan, add Shaoxing wine, vinegar, soy and honey and toss to coat.

07 Divide rice between plates, top with stir fry, sprinkle with extra green onions and coriander sprigs and serve with lime wedges.

03 Chef's tips

- You can also slice rump, scotch fillet, sirloin or fillet of beef to make your own stir-fry strips.

- Swap asparagus and sugar snaps for snow peas and Asian greens.

- Use any type of leftover or microwave rice for the fried rice.