FROM OUR KITCHEN

Chinese stir-fried beef

Tender strips of beef quickly stir fried in oyster sauce with crunchy vegetables.



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

01 Ingredients

- [ ] 600 g rump steak, trimmed of fat and finely sliced
- [ ] 1 tbsp canola oil
- [ ] 2 cloves garlic, finely chopped
- [ ] 4 spring onions, sliced on the diagonal
- [ ] 1 carrot, julienne
- [ ] 200 g mushrooms
- [ ] 1 bunch gai laan, (Chinese broccoli), sliced on diagonal
- [ ] 2 tbsp salt-reduced soy sauce

02 Step-by-step method

01 Toss steak in oil, have the other ingredients chopped and ready. Heat wok over high heat and add beef in 3-4 batches and cook until just browned on both sides, remove from wok.

02 Add garlic and spring onions and cook, stirring, for 10 seconds, then add

carrots, mushrooms and gai laan and stir until gai laan stems have softened.

03 When vegetables are almost cooked, return meat to wok. Add sesame oil, oyster sauce, soy sauce and a splash of water if sauce starts sticking. Toss until vegetables are coated in sauce.

04 Serve with steamed rice.