FROM OUR KITCHEN

Thai beef curry stir-fry



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	10 min	20 min	5

01 Ingredients

- [ ] 500 g lean beef strips
- [ ] 2 tbsp vegetable oil
- [ ] 2.3 tbsp Thai green curry paste, to taste
- [ ] 1 red onion, thinly sliced
- [ ] 1 red capsicum, thinly sliced
- [ ] 150 g sugar snaps, trimmed
- [ ] 1 bunch baby bok choy, cut into 3cm lengths, stems and leaves separated
- [ ] 1 tbsp fish sauce (optional)

02 Step-by-step method

01 Place beef in a large snap-lock bag, add half the oil and toss to coat. Heat a large wok or non-stick frying pan over high heat. Stir-fry beef, in batches, for 1-2 minutes or until browned. Set aside on a plate.

02 Add remaining oil to wok or pan over medium-high heat. Add curry paste and onion and stir-fry for 1 minute or until fragrant. Add capsicum, sugar snaps, bok choy

stems and a tablespoon of water and stir-fry for 2-3 minutes. Add bok choy leaves and cook for 1 minute. Return beef and fish sauce (if using) to wok, toss to heat through and season to taste.

03 Serve beef stir-fry with rice, coriander and lime wedges.

03 Chef's tips

- When stir-frying the meat wait at least 30 seconds before tossing or stir-frying. This gives the meat a chance to brown, giving it good colour and flavour.

- The second side will take a little less time to cook.

- Once you return the meat to the wok, take care that it does not boil in the liquid or it will toughen. Stir-fry only to combine and warm through.

- Beef mince would also work well in this recipe.

- Use a pre-chopped stir-fry vegetable mix if you are short of time.

- Add 1/4 cup (60ml) coconut milk, if desired, instead of water for a creamy stir-fry.