

JOES SIMPLE BEEF STIR FRY WITH VEGETABLES

For The Marinade

2 tsp minced garlic
1 Tbsp grated fresh ginger
2 Tbsp reduced sodium soy sauce
1 Tbsp rice vinegar
1 Tbsp sesame oil
1 Tbsp sesame seeds
1/2 tsp Chinese 5 spice
1/4 tsp black pepper

Stir Fry

400g Beef Strip Frying steak, thinly sliced
200g Mange Tout snow peas,
100g sliced carrots
8 spring onions, sliced (Green part)
100ml beef stock
2 Tbsp soy sauce
1-2 Tbsp honey
1 Tbsp rice vinegar
1/2 Tbsp minced garlic
2 tsp sesame oil
1 tsp grated fresh ginger
1 tsp cornflour
2 Tbsp vegetable oil (for cooking)

Instructions

1. Combine marinade ingredients in bowl and add the beef. Set aside 15 minutes.
2. Heat 1 Tbsp vegetable oil in large pan over MED HIGH heat. Remove excess marinade from steak and cook in a single layer, for 2-3 minutes, stirring to cook both sides. Depending on the size of your pan, you may need to do this in batches. Remove steak to plate.
3. Heat remaining 1 Tbsp vegetable oil, then add peas, carrots and green onion and cook stirring often, 2-3 minutes.

4. Whisk together stock, soy sauce, honey, rice vinegar, garlic, sesame oil, fresh ginger, cornflour. Add steak and sauce to skillet, stirring to combine. Sauce will thicken.
5. Stir in cooked egg noodles if using, and serve!