

STICKY BEEF STIR FRY WITH GREENS



Serves 4 | Prep time: 15 mins

Cook time: 15 mins

INGREDIENTS

500g lean beef strips
2 tbsp cornflour
2 garlic cloves, minced
¼ cup + 1 tbsp salt-reduced soy sauce
2 tbsp peanut oil
2 tbsp oyster sauce
1 tbsp kecap manis
3 spring onions, trimmed, finely sliced
2cm piece of ginger, peeled, finely chopped
1 bunch of broccolini, cut into quarters
1 bunch of asparagus, cut into quarters
1 zucchini, halved and cut into half-moons
Serve with rice
Sesame seeds to garnish

METHOD

1. Combine beef with cornflour, garlic and 1 tbsp of soy sauce in a bowl and toss to coat.
2. Heat a wok over high heat and add half the oil. Add the beef and cook for 3-4 minutes or until browned. Transfer the beef to a plate and set aside.
3. Combine the remaining soy, oyster sauce and kecap manis in a small bowl.
4. Add remaining oil to the wok. Fry spring onions and ginger for 1-2 minutes until fragrant. Add vegetables to wok and fry for 3-4 minutes.
5. Return beef to wok and add sauce, then stir fry for 2-3 minutes or until sauce thickens.
6. Serve with rice and garnish with sesame seeds.



THE NUTRITION GUY



NUTRITION TIP

Lean beef is an excellent source of iron, vitamin B12 and protein. Pairing it with whole grains and delicious green vegetables will make it a nutrient-rich meal.