



Oriental beef stir-fry

Serves 4 | Prep 5 mins | Cook 8 mins

EACH SERVING CONTAINS:

ENERGY	FAT	SATURATES	SUGARS	SALT
2821 kJ/ 670 kcal	24g	5.8g	4.4g	2.6g
34%*	34%*	29%*	5%*	43%*

*% of reference intake of an average adult (8400kJ/2000kcal)

Ingredients

2 tbsp sunflower oil
 400g beef steak for frying, cut into strips
 Fresh black pepper
 2 cloves garlic, chopped
 1 tbsp finely chopped fresh ginger
 1 large carrot, cut into matchsticks
 100g mangetouts, halved lengthways
 140g oyster mushrooms roughly sliced

2 tbsp **BEEF BOVRIL**
 2 tbsp soy sauce
 1 tsp sesame oil
 1 tbsp sesame seeds, toasted
 2 spring onions, sliced diagonally
 1 tbsp chopped fresh coriander
 Cooked Chinese noodles (to serve)



Option: Vary the vegetables to your taste. Try asparagus, bean sprouts or broccoli.

Method

1. Heat 1 tablespoon of sunflower oil in a large frying pan or wok until hot.
2. Add the steak, season with black pepper & stir fry quickly for 2 minutes over a high heat until lightly browned. Remove from the pan using a slotted spoon.
3. Heat the remaining tablespoon of oil in the pan & toss in the garlic, ginger & carrot.
4. Stir fry for a few minutes, then add the mangetouts & cook for a further minute.
5. Return the steak to the pan, add the mushrooms & toss everything together.
6. Add in the **BEEF BOVRIL**, soy sauce and sesame oil & stir fry for a final minute.
7. Stir in ½ of the sesame seeds, spring onions & coriander.
8. Serve immediately on top of cooked noodles & garnish with the remaining sesame seeds, spring onions & coriander.