



Stir-fries are quick, easy and healthy. There are thousands of stir-fry recipes, with endless combinations of ingredients and flavours.

Serves 4

## Beef and vegie stir-fry

### INGREDIENTS

- 2 teaspoons sesame oil
- 400 grams rump steak, thinly sliced
- 1 teaspoon ginger, finely chopped
- 1 clove garlic, crushed
- 200 grams broccoli, cut into small flowerets
- 1½ cups (150 grams) snow peas
- 1 red capsicum, sliced
- 1 tablespoon salt-reduced soy sauce
- 1 tablespoon sweet chilli sauce
- 1 tablespoon lime or lemon juice

### STEP BY STEP

- 1 Heat the oil in a wok. Brown small quantities of the beef strips at a time, stirring continuously.
- 2 Add the ginger, garlic, broccoli, snow peas and capsicum. Stir-fry for 2 minutes.
- 3 Stir in the soy sauce, sweet chilli sauce and lime (or lemon) juice.
- 4 Stir until heated through.

This stir-fry is good with rice or on a bed of noodles.