Chinese Style Beef Stir Fry
RECIPE

Chinese Style Beef Stir Fry



TIME	25 mins
INGREDIENTS	12 items
MAKES	2 servings

Tender pieces of beef mixed with crunchy vegetables and chinese-inspired sauce. An easy replacement for a takeaway!

INGREDIENTS

- Ben's Original™ Chinese Style Microwave Rice 220g
- 1tbsp Sunflower Oil
- 2 Beef Steaks, sliced
- 2 Garlic Clove, chopped
- 2cm piece of Fresh Ginger, grated
- 80g Tenderstem Broccoli Tops
- 80g Sugar Snap Peas
- 1 Carrot, cut into thin matchsticks
- 50g Frozen Peas
- 1tbsp Soy Sauce
- 1 Red Chilli, thinly sliced

- 1tbsp Sesame Seeds, toasted

INSTRUCTION

1. Place the oil in a wok over a high heat. When smoking, add the sliced steak and stir fry for 2-3 minutes until browned. Set aside on a plate.
2. Add the garlic and ginger to the wok, moving constantly. After 1 minute add in the broccoli, sugar snaps and carrot. Stir fry for a few minutes so that the vegetables still have a crunch.
3. Add the beef back into the pan with the soy sauce and some of the sliced chilli, if you want some added heat. Mix to heat through.
4. Next you could add the Ben's Original™ rice packet to the stir fry to mix or heat separately according to pack instructions. Serve immediately and top with some more sliced chilli and a sprinkle of sesame seeds.

NUTRITION

Amount Per Serving

- Calories 559
- Carbohydrates (g) 47.9
- Cholesterol (mg) 91
- Dietary Fiber (g) 6
- Energy (kJ) 2348
- Protein (g) 40.3
- Sugars (g) 6.3
- Total Fat (g) 21.8
- Saturated Fat (g) 6.6
- Salt (g) 1.38
- Sodium (mg) 552
- Trans Fat (g) 0.4

Categories:

Beef, 15 - 30 MIN, Chinese Style, Stove Top, Food of the World, Make your own Takeaway

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Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items



Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Sweet and Sour Chicken

Cooking time

25 mins

Ingredients

16 items

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