

Chinese Style Beef Stir Fry  
RECIPE

## Chinese Style Beef Stir Fry



<?xml version="1.0"?>

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!

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## 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

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Ingredients

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