

Ginger, beef and broccolini stir fry

Serves 4

Preparation time: 15 minutes

Cooking time: 10 minutes

2 tsp peanut oil
600g fully trimmed rump steak, thinly sliced
1 large onion, cut into thin wedges
2 garlic cloves, crushed
2 tsp finely grated fresh ginger
1 carrot, peeled, thinly sliced
1 red capsicum, seeded, thinly sliced
1 bunch broccolini, trimmed, cut into long florets
1 bunch bok choy, trimmed, cut into 6cm lengths
2 tbsp oyster sauce
1 tbsp salt reduced soy sauce
4 cups prepared wholegrain noodles, to serve
Lime wedges to serve, optional



Heat half the oil in a large wok over a high heat. Stir fry the beef, in 2 batches, for 2 minutes or until browned. Remove and set aside.

Return wok to a high high heat. Add remaining oil and onion and stir fry for 2 minutes. Add garlic and ginger and stir fry for 30 seconds or until fragrant. Add carrot, stir fry for 1 minute, add capsicum, broccolini and 2 tablespoons water and stir fry for 1-2 minutes or until almost tender.

Add bok choy, oyster and soy sauce, stir fry for 1-2 minutes or until bok choy is just wilted. Serve with noodles and a wedge of lime (optional).