

Beef & Vegetable Stir-fry

Serves 4



Ingredients

- 4 Tbs cooking oil
- 700 grams (2 cups) lean beef
- ½ tsp baking soda
- 1 large onion - sliced
- 2 tsp (or 4 cloves) garlic – chopped
- 5 cups fresh or frozen mixed vegetables - chopped
- 1 Tbs light soy sauce (low salt for a healthy option)
- 1 Tbs dark soy sauce
- 2 Tbs sesame oil

Tip:

By blanching and steaming vegetables they retain more colour, vitamins, minerals, and flavour. If you place vegetables in cold water and then bring the vegetables to the boil you will lose a lot of the goodness into the water and the vegetables will become grey. So it's good to steam or submerge vegetables into boiling water and cook until just tender.

Method for tenderising the beef

1. Lay the beef flat on a chopping board
2. Lightly sprinkle the baking soda over the beef
3. Rub the baking soda into beef
4. Cut the beef into stir-fry strips (about 1 cm thick and 4 cm long) and place in a container
5. Once the beef is cut, pour over half of the sesame oil and mix well
6. Cover the container and put into the fridge for ½ hour.

Note: Once finished make sure you wash down the chopping board thoroughly.

Method for blanching the vegetables

1. Cut and slice all the vegetables into bite size pieces
2. Boil about 20 cups of water in a jug (use at least 7 cups of water for every 2 cups of broccoli, cauliflower and carrots)
3. Place the carrots and cauliflower into a pot and pour the boiling water from the jug over them and place on hot element
4. Bring to the boil for one minute, then add broccoli and boil for another minute
5. Drain and cool the vegetables completely under cold water and drain again
6. If not using straight away, once cooled, put the vegetables in a container with a lid and place in the fridge.

Method for stir-fry

1. Bring a wok shaped pan (or a large electric frying pan) to a high heat
1. Once hot, add the cooking oil and quickly place the sliced meat in the pan - only stir once unless the meat is burning
2. Place onions in the pan, stir once, then add the garlic and stir again once

Note: Try not to stir the meat and onions too often as they will not caramelize and the moisture from the meat will make your stir-fry watery.

3. Add cabbage and cook for 1 minute, only lightly stirring once
4. Add the rest of the blanched vegetables
5. Add the soy sauces and the other half of the sesame oil, stirring well every 30 seconds for 4 minutes
6. Turn off the heat and place on a serving plate.

Some brands of soy sauce can be high in salt. If this is a concern, Kikkoman 43% less salt soy sauce is a healthier option when addressing salt levels in Asian style stir-fry.

We only need about 920-1600mg (about ¼ teaspoon) of salt a day in our diet. Many of us get much more salt than this from the foods we eat. It's good to remember that a lot of different processed foods can also be very high in salt.

Ideally it is best to try and keep salt at a minimum with food preparation as this can assist with avoiding high blood pressure and heart disease. If you think you add too much salt to your food, try to slowly bring down the amount of salt you use until you are at the daily recommend amount.