

Oriental Beef Stir Fry



Cooking time: 17 mins

Serves: 4

how to cook

- 1 Heat the oil in a non-stick frying pan or wok and add the steak, cut into thin strips.
- 2 Stir-fry for 1-2 minutes to seal, and then add the garlic, peppers, broccoli florets and spring onions, along with 2 tbsp of water.
- 3 Stir-fry for 3 minutes, and then add the pak choi, water chestnuts and oyster sauce.
- 4 Allow to heat through thoroughly and serve immediately with some plain boiled rice or noodles.

what you need

- 400g John Penny beef steak
- 2 tsp of vegetable oil
- 4 cloves of garlic, crushed
- 2 yellow or red peppers, de-seeded and sliced
- 200g broccoli, cut into small florets
- 4 spring onions, sliced
- 2 pak choi (bok choy), sliced
- 1 small tin (200g) of water chestnuts, drained and sliced
- 4 tbsp of oyster sauce

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