

Ginger Beef & Vegetable Stir-Fry

Calories: 207 kcal

Servings: 4

Time: 15 Mins

Ingredients

- 360.00 g Beef Sirloin Steak (sliced on the diagonal)
- 5.00 g Ginger (thinly sliced)
- 1.00 sprays Olive Oil (cooking spray)
- 80.00 g Onions (sliced on the diagonal)
- 140.00 g Oyster mushrooms (chopped)
- 160.00 g Red Capsicum (sliced)
- 1.00 tsp Sesame Oil
- 2.00 tbsp Soy Sauce

Instructions

1. Place steak, sesame oil and ginger into a shallow ceramic dish, cover and refrigerate for 30 minutes if time permits.
2. Heat a wok over high heat and spray with oil. Add half the beef, stir-fry for 1 minute or until browned. Set aside and repeat with remaining beef and set aside.
3. Spray wok and add vegetables, stir-fry for 3 minutes or until just tender.
4. Return beef to wok and add soy sauce, stir-fry for 1 minute or until heated through.