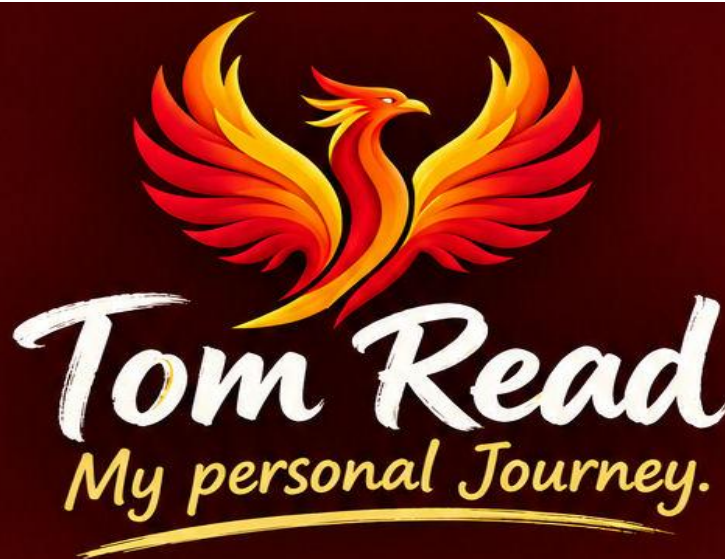




STIR FRY BEEF & ONION

Ingredients

- Sirloin Steak (Or any beef you fancy) with all visible fat removed
Sliced into Strips.
- Mushrooms, cut into chunks
- Red Bell Pepper (Sliced)
- Dark Soy Sauce
- Light Soy Sauce, Balsamic Vinegar
- White wine Vinegar
- Salt, Black Pepper, Lazy Garlic Paste
- 2 Large white Onions (Sliced)
- Beansprouts
- Spring Onions

Prepare the meat

Place the meat in a bowl and add 2 tbsp Dark Soy Sauce, Add 1 tbsp Light soy Sauce

Good spray of Fry light, & Mix well

Let the beef sit in the fridge for 20 minutes, you can use it straight away

But it is best to loosely cover and leave it in the fridge for a bit

Cooking:

When you're ready to cook, Give your wok a good spray of Fry Light and turn onto a high heat.

Add the beef to the wok and brown off.

When the beef has cooked remove and set aside,

Add your onions, mushrooms & Red Pepper & keep stirring until the onions have started to soften.

When ready add the beef back into the wok,

Add 1 tsp of Lazy Garlic Paste

Add 1/3 tsp salt, Black Pepper, 1 tbsp Dark soy sauce & 2 tbsp Light soy sauce

Stir in and allow to cook off until most of the extra moisture is gone. (If it is looking a bit dry, add a splash of water)

This should only take a minute or 2 at most.

Just before the end of cooking add a handful of beansprouts.

Finely chop the spring onions and add for garnish.

Serve with Rice or Sym Free Noodles.

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