



Beef & Pepper Stir-fry

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021

Serves 2 (each serving contains
approximately 470 kcal)



Ingredients

200g lean sirloin steak
1 small knob fresh root ginger (you
need 5g freshly grated)
1 garlic clove
200g baby new potatoes
2 red peppers
1 small onion

1 scallion
1 tablespoon rapeseed oil (15g)
160g tin coconut milk
2 teaspoons Sriracha chilli sauce
(optional) (10g)
40g baby spinach leaves
salt (optional) and freshly ground
black pepper

Method

Trim the steak, if necessary and then cut into thin strips and put on a plate. Peel the ginger and finely grate. Peel and finely grate the garlic. Add the ginger and garlic to the steak in a shallow dish. Season lightly with salt (optional) and pepper to taste, then mix to combine.

Steam the baby new potatoes for 15-20 minutes or until tender. Cut the red peppers in half and remove the seeds and cores, then thinly slice. Trim the onion and cut in half, then peel and thinly slice. Trim and thinly slice the scallion.

Heat a wok or large frying pan over a medium to high heat. Add 1 teaspoon of rapeseed oil. Add the beef mixture and stir-fry for 1-2 minutes until sealed and no longer pink. Season with salt (optional) and freshly ground black pepper.

Transfer to a plate.

Add another 2 teaspoons of rapeseed oil to the wok. Stir-fry the peppers for 2-3 minutes until they are just beginning to pick up colour but are still crisp. Add the garlic and ginger with the onion and stir-fry for another minute or two. Add the coconut milk with the sriracha chilli sauce (optional) and bring to a simmer, stirring.

Return the beef to the wok with the potatoes and spinach and cook until the spinach has wilted, and the beef is piping hot. Divide the spicy beef and pepper stir-fry between bowls and scatter over the scallion to serve.