

Asian Beef with Vegetables

Sauce Ingredients

- 2 tbsp oyster sauce
- 2 tbsp soy sauce
- 2 tbsp dry sherry or Chinese rice wine
- 1 tbsp soft brown sugar
- 2 tbsp sweet chili sauce

Stir-fry Ingredients

- ¼ cup vegetable oil
- ½ lb rump steak, cut into slices against the grain
- 1 heaping tbsp cornstarch seasoned with ¼ tsp each of salt and black pepper
- 2 mushrooms, sliced
- 1 red bell pepper, deseed and sliced
- 1 cup snow peas
- 2 cloves garlic, peeled and minced
- 1 thumb-sized piece ginger, peeled and minced
- 1 cup mung bean sprouts
- Small bunch scallions, sliced

Mix the ingredients for the sauce in a small bowl and put to one side.

Heat the oil in a wok or a large frying pan until very hot. Dredge the steak slices in the seasoned cornstarch then carefully place them into the hot oil (it will spit, so watch out)

Fry for 5-6 minutes, moving around the wok a few times, until the steak is well seared, then remove from the pan and place in a bowl to rest.

Discard all but 2 tablespoons of the oil and fry the mushrooms, bell pepper, snow peas, garlic and ginger for 2-3 minutes on a medium heat.

Turn the heat up high and pour in the sauce. Bring to the boil and then simmer it for 2-3 minutes until it reduces slightly. Add in the cooked steak and mung bean sprouts and cook for a further 2-3 minutes until the mung bean sprouts are heated through, but still crunchy.

Serve topped with sliced scallions, either on its own or with rice or noodles.