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Ginger Beef Stir Fry

Who doesn't love a stir fry? If you're a long-time lover of the signature mix of sweet, spicy, and salty, then you are going to love this simple stir fry. Lightly marinated beef teamed with seasonal zucchini and snow peas, the saying rings true: variety really is the spice of life.



Prep: 20 mins

Cook: 15 mins

Total: 35 mins



level 1



lactose free



spicy

Pantry Items



Water



Soy Sauce



Sugar



Beef Strips



Ginger



Long Red Chilli



Garlic



Jasmine Rice



Oyster Sauce



Snow Peas




Zucchini

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2P	4P	Ingredients
1 packet	2 packets	beef strips
1 knob	2 knobs	ginger, peeled & finely grated
1	2	long red chilli, deseeded & sliced
1 clove	2 cloves	garlic, peeled & crushed 
¾ cup	1 ½ cups	Jasmine rice, rinsed well
3 cups	6 cups	water *
1 tbs	2 tbs	oyster sauce
2 tbs	4 tbs	salt-reduced soy sauce *
2 tsp	1 tbs	sugar *
100 g	200 g	snow peas, sliced on the diagonal 
1	2	zucchini, finely sliced 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2290	Kj
Protein	42.1	g
Fat, total	8.2	g
-saturated	3.2	g
Carbohydrate	73.2	g
-sugars	11.7	g
Sodium	1680	mg



You will need: vegetable peeler, grater, chef's knife, chopping board, garlic crusher, sieve, medium bowl, medium saucepan, sieve, large wok, tongs and a bowl.

1 Place the **beef strips** in a medium bowl. Add in the **ginger, chilli, garlic**, and a dash of vegetable oil, and marinate for **10 minutes**.

2 Place the **Jasmine rice** and **water** in a medium saucepan and bring to the boil. Cook for **10-12 minutes** or until soft. Drain.

3 Heat a large wok or frying pan over a high heat. Add the marinated beef strips and cook for **2 minutes**. Remove the beef from the pan and set aside. No need to clean the pan, just add in the **oyster sauce, salt-reduced soy sauce, sugar, snow peas, zucchini** and a splash of water and cook for **1-2 minutes** or until the veggies are slightly soft. Remove the wok from the heat and stir through the beef.

4 Divide the Jasmine rice between bowls and serve with the saucy ginger beef stir fry.



Did you know? Zucchini contains more potassium than bananas.