

mb Active MUNCH INSPIRATION

STIRFRIED BEEF WITH GINGER

“ I love stir-fries, as they are packed with lots of vegies and can be on the table in minutes – perfect for a weeknight dinner. Rump steak is a great source of lean red meat; just make sure you trim all the excess fat before cooking. Personally, I always look for grass-fed beef as it has much more flavour. ”

SERVES 2

PREP 10 minutes

COOK 10 minutes

1 teaspoon peanut oil

250 g lean rump steak, thinly sliced

1 onion, thinly sliced

3 cm piece ginger, peeled and cut into thin matchsticks

½ cup (80 g) fresh corn kernels

1 bunch choy sum, trimmed and cut into 4 cm lengths

¼ small red cabbage, trimmed and shredded

1 tbsp low-sodium soy sauce

2 tsp oyster sauce

1. Heat half the oil in a wok on high. Stir-fry the steak for 2 minutes, or until browned. Remove from wok and set aside.

2. Heat the remaining oil in the same wok over high heat. Stir-fry the onion, ginger and corn for 2 minutes, or until golden. Add the choy sum and cabbage, and stir-fry for 1 minute, or until just wilted.

3. Return the beef to the wok along with the soy sauce and oyster sauce, and stir-fry until hot. Serve immediately.

TIP When stir-frying always make sure you pre-chop all the ingredients, so they are ready to go straight into the wok.

380
cals per serve
(1590 KJ)

Extract from the book
Powerful Living by Michelle
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available as an ebook.

