



Recipe Information

Number of Serves: 6

Preparation Time: 15mins

Cooking Time: 10mins

Ingredients

Canola or olive oil spray

1 onion, sliced

1 garlic clove, crushed

1 tbs ginger, crushed

750g beef strips

1 red capsicum, sliced

1 large bunch broccoli,
chopped

¼ cabbage, chopped

2 large carrots, sliced

2 tbs water

1 tbs cornflour

1 tbs honey

2 tbs salt-reduced soy sauce

Soifua Maloloina Beef Stirfry

Method

1. Lightly spray pan or wok with oil and cook onions, garlic and ginger on medium heat for 2 minutes.
2. Add beef strips and cook until slightly brown all over.
3. Add capsicum, broccoli, cabbage and carrots and cook for 3 minutes.
4. In a bowl mix water, cornflour, honey and soy sauce. Pour this over the meat and vegetables. Stir and simmer for 3 minutes or until sauce thickens.
5. Serve with rice or noodles.

Soifua Maloloina tips:

- You can use frozen, tinned or other seasonal fresh vegetables.
- Other types of meat, such as lean chicken (with skin removed) pork, lamb or prawns can be used instead of beef.
- If you like it hot, stir in some chopped fresh chilli with the ginger and garlic.

