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.

Recipe Information

Number of Serves: 6
Preparation Time: 15 mins
Cooking Time: 10 mins

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 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.