

GF Friendly

Sweet and Sour Stir-fry

A fruity beef and vegetable stir-fry

A stir-fry is a good way of ensuring there are plenty of vegies in the meal; and we like to add meat for the protein. I chose beef for this one, but any other meat would suffice. Should chicken be used, however, this doesn't require braising before frying.



- 200g beef, thinly sliced
- 1 tsp beef stock powder and water
- 1 carrot, thinly sliced
- 1 stick of celery, sliced thinly across
- ½ onion, chopped
- ½ cup chopped mushrooms
- ¼ capsicum, cut small
- ½ cup chopped cabbage
- 2 Tbsps olive oil, or other cooking oil

Sauce: ¼ cup sugar ¼ cup vinegar 1½ Tbsps tomato sauce 2 tps soy sauce
 ½ tsp ground ginger 1 Tbsp dry sherry 1 Tbsp cornflour ¼ cup water

Mix together these sauce ingredients in a bowl and set aside. Put the beef and stock powder in a pan, cover with water, bring to the boil; then turn down and simmer for 30 minutes. Meanwhile, prepare the vegetables.

Warm one tablespoon of oil in a wok or deep frying pan. Take the beef from the stock with a slotted spoon and stir-fry for 5 minutes, turning frequently; then remove and set aside.

Add the second tablespoon of oil to the stir-fry pan, warm; then stir fry the vegetables except for the cabbage for 15 minutes. Next, put in the cabbage and beef and continue stir-frying for a further 5 minutes. Finally, give the sauce a stir before pouring it on and stirring until it thickens. The meal is now ready to serve on warmed plates; or the heat can be turned off, the pan covered; then re-heated later.

Serves 2

should be okay to freeze

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