



**GF Friendly**

## Honey Beef Stir-fry

### tender beef slices with stir-fried vegetables

Stir-fries are pretty versatile in the respect that they can be adapted to suit individual tastes and dietary requirements. Meats other than beef can be used; however, simmer times may need adjusting. Chicken is best stir-fried raw. First time out, I suggest sticking to the recipe, but if you like it enough to try again, maybe give it a bit of zing with a touch of chilli and a pinch of Chinese five spice – just beware of overdoing it.

- |                                |                  |
|--------------------------------|------------------|
| 400g trimmed frying steak      | ¼ cabbage        |
| 2 Tbsps extra virgin olive oil | 1 turnip         |
| ¼ tsp ground nutmeg            | 1 large carrot   |
| ½ tsp ground coriander         | 1 green capsicum |
| 2 tsps minced garlic           | 1 onion          |
| 1 Tbsp cream sherry            | ½ cup peas       |
| 1 dessertspoon honey           | 1 Tbsp Soy sauce |
| hot water                      |                  |



Cut the steak into 5cm strips along the grain, then slice thinly at an angle to produce 3cm x 5cm slivers – this is easier if the meat is still partially frozen. In a small pan or skillet, fry the garlic, nutmeg and coriander in 1 Tbsp olive oil for one minute, then add the beef, turning to ensure all slivers are well seared. Put in the honey and sherry, reduce the heat and simmer for about 3 minutes. Add sufficient hot water to cover the meat, then put a lid on the pan and leave to simmer gently for about 20 minutes, checking occasionally to ensure the liquid hasn't dried out. Remove cover and heat for approx 5 minutes to reduce liquid to approx ½ cup.

While the meat is cooking, the vegetables can be prepared. Thinly slice the cabbage, turnip and carrot. Coarsely chop the onion and slice the capsicum into 3cm x 1cm strips. Set the vegies aside until the beef is ready.

As soon as it is, heat 1 Tbsp olive oil in a wok or similar, then fry onion and carrot until just browning. Add rest of the vegies and toss for about 2-3 minutes until they have begun to soften. Mix Soy sauce with meat and remaining liquid, then add to the vegies in the wok and continue turning for a further 2 minutes (longer if you want your vegies softer).

Spooned into warmed bowls and edged with rice, it should make 4 good serves.

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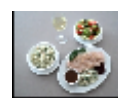
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