



Please note: Food images are representative only and not the actual cooked recipes.

Ginger – Stir fried beef with ginger

SERVES 2-4 • PREP: 10 MINUTES • COOK: 20 MINUTES

INGREDIENTS

For the beef

- 300 g (10 oz) beef (sirloin, flank, or rump), thinly sliced against the grain
- 1 teaspoon soy sauce
- 1 teaspoon cornstarch
- 1 teaspoon sesame oil (optional)

For the stir-fry

- 2 tablespoons vegetable oil
- 3–4 slices fresh ginger (or 1 tablespoon julienned)
- 2–3 garlic cloves, minced
- 1 small onion, thinly sliced
- 1 red bell pepper, sliced (optional)
- 100 g (3–4 oz) snap peas or broccoli florets
- 2–3 spring onions, chopped

For the sauce

- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce (or hoisin sauce for vegetarian)
- 1 teaspoon sugar or honey
- 50 ml ($\frac{1}{4}$ cup) beef or vegetable stock

Optional: a dash of chili flakes

METHOD

1. Marinate the beef

In a small bowl, mix beef with soy sauce, cornstarch, and sesame oil. Set aside for 10–15 minutes.

2. Prepare the sauce

In another bowl, combine soy sauce, oyster sauce, sugar, and stock. Set aside.

3. Stir-fry the beef

Heat 1 tablespoon oil in a wok or large frying pan over high heat. Add the beef and stir-fry quickly for 2–3 minutes until browned but not fully cooked. Remove beef and set aside.

4. Cook the aromatics and vegetables

Add remaining oil to the pan. Add ginger and garlic, stir-frying for 30 seconds until fragrant. Add onions, bell pepper, and snap peas/broccoli. Stir-fry 3–4 minutes until crisp-tender.

5. Combine and finish

Return the beef to the pan. Pour in the sauce and toss everything together over medium-high heat for 2–3 minutes until beef is cooked through and sauce has slightly thickened.

6. Garnish and serve

Sprinkle with chopped spring onions. Serve immediately with steamed rice or noodles.



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