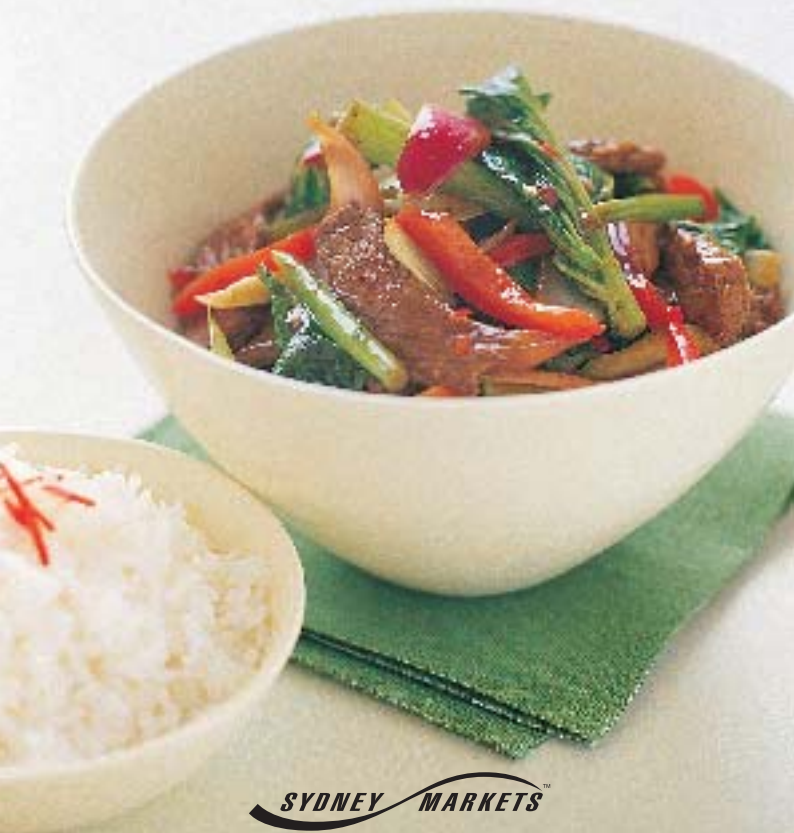


Hoisin Asian greens with beef



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Ingredients:

- 2 tbs peanut oil
- 400g rump steak, thinly sliced across the grain
- 3 garlic cloves, crushed
- 1 small red chilli, deseeded and finely chopped
- 1 medium red onion, cut into thin wedges
- 1 bunch gai lum, leaves separated and stems chopped
- 1 bunch baby bok choy, leaves separated and stems chopped
- 1 medium red capsicum, deseeded and thinly sliced
- 1/4 cup hoisin sauce
- steamed jasmine rice, to serve

Health benefits:

Gai lum

Also known as Chinese broccoli. The stems and leaves are very nutritious containing iron, beta-carotene (which is converted to vitamin A in the body) and vitamin C.

Method:

1. Heat a wok over high heat. Add 3 tsp oil and heat until hot. Add half the beef and stir-fry for 1 minute or until sealed. Remove to a plate. Repeat using 3 tsp oil and remaining beef.
2. Add remaining 2 tsp oil to wok and heat until hot. Add garlic, chilli and onion and stir-fry for 2 minutes. Add gai lum and bok choy stems and stir fry for 1 minute.
3. Add capsicum, gai lum and bok choy leaves, beef and hoisin sauce and stir-fry for 1–2 minutes or until leaves just wilt. Serve with steamed jasmine rice.

Serves: 4

Preparation: 20 minutes

Cooking: 10–12 minutes