

Snow pea, ginger beef & spinach stir-fry



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Preparation 15 mins | Cooking 10 mins | Serves 4

- 4cm piece ginger, peeled and grated
- 1 tbs reduced salt soy sauce
- 2 tbs oyster sauce
- 2 tsp brown sugar
- 1 tsp sesame oil
- ¼ cup beef stock
- 2½ tbs peanut or vegetable oil
- 500g beef scotch fillet or rump steak,
cut across the grain into 1cm-thick strips
- 1 red onion, cut into thin wedges
- 125g snow peas, trimmed and halved lengthways
- 125g baby spinach leaves
- Noodles or rice, to serve

STEP 1 Combine ginger, soy sauce, oyster sauce, sugar, sesame oil and stock in a small jug. Set aside. Heat a wok over high heat until hot. Swirl 1 tbs oil around wok. Add half the beef and stir-fry for 2 minutes or until evenly browned. Transfer to a plate, repeat using 2 tsp oil and remaining beef.

STEP 2 Add remaining 1 tbs oil to wok and heat over high heat. Add onion and stir-fry for 2 minutes until tender. Toss through beef, snow peas and ginger mixture. Stir-fry until hot. Toss through spinach and serve with noodles or rice.

Good for you... **SNOW PEAS**

A good source of vitamin C, which contributes to the normal functioning of the body's immune system. Provide dietary fibre, which is needed for normal laxation. Provide niacin (Vitamin B3) which is needed for the normal release of energy from food. A source of potassium, which may help balance the adverse effects of sodium from salt.

