

Red chilli beef with bok choy



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Preparation: about 20 minutes +
marinating time
Cooking: about 10 minutes
Serves: 4

2 tbs kecap manis
1 tsp sesame oil
2 tsp caster sugar
2 red bird's eye chillies, deseeded and
finely chopped
600g beef scotch fillet steak, thinly
sliced across the grain
¼ cup peanut oil
4 green onions (shallots), trimmed and cut into 5cm pieces
2 garlic cloves, finely chopped
1 long red chilli, deseeded and thinly sliced
2 bunches baby bok choy, trimmed and leaves separated
½ cup beef or chicken stock
Steamed jasmine rice, to serve

1. To make the marinade, combine 1 tbs kecap manis, sesame oil, sugar and bird's eye chillies in a small jug. Place beef in a ceramic shallow dish. Drizzle with marinade and toss to coat. Refrigerate for 30 minutes (or longer if time permits).
2. Heat a wok over high heat. Add 1 tbs peanut oil. Using a slotted spoon to drain beef (reserve the marinade), add half the beef and stir-fry for 1-2 minutes until evenly browned. Transfer beef to a plate. Repeat using 1 tbs oil and remaining beef.
3. Add remaining 1 tbs oil to wok. Add green onions, garlic and long red chilli and stir-fry for 1 minute. Add bok choy, stock, remaining 1 tbs kecap manis and reserved marinade. Toss to combine, cover and cook for 1 minute. Return beef to wok. Toss until hot. Serve with steamed jasmine rice.

Bok choy

- Like many Asian greens, bok choy is an excellent source of vitamin C, one of the vitamins that helps keep blood vessels healthy.
- A source of iron and calcium. Iron is needed for making red blood cells which then carry oxygen to all body tissues and calcium is important for bone health.