

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

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.

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.

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