

Wok-fried broccoli, red chilli & beef



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Preparation 20 mins | Cooking 10 mins | Serves 4

- 2 tsp sesame oil
- ½ cup oyster sauce
- 2 tsp brown sugar
- ⅓ cup chicken stock
- 2 tbs peanut oil
- 400g beef sirloin steaks, trimmed and cut into thin strips
- 1 red onion, cut into thin wedges
- 2 long red chillies, deseeded and thinly sliced
- 2 garlic cloves, finely chopped
- 350g broccoli, trimmed and cut into small florets
- Steamed jasmine rice, to serve

STEP 1 Combine sesame oil, oyster sauce, brown sugar and stock in a small jug. Set aside. Heat 1 tbs oil in a wok over high heat. Add half the beef and stir-fry for 1-2 minutes until evenly browned. Using a slotted spoon, transfer to a plate. Repeat using remaining beef.

STEP 2 Heat remaining 1 tbs oil in wok over high heat. Add onion and stir-fry for 1 minute. Add chillies and stir-fry for 1 minute. Add garlic and broccoli and stir-fry for 1 minute.

STEP 3 Add sesame oil mixture. Cover and cook for 2 minutes or until broccoli is tender. Add beef and toss over high heat until hot. Serve with steamed jasmine rice.

Good for you... **BROCCOLI**

Top of the class for lots of nutrients, including iron (good for red blood cells), potassium (helps balance the sodium from salty foods) and vitamins, including vitamin C. The body needs this vitamin for healthy gums and cartilage throughout the body.

