



BEEF STIR FRY

METHOD

Heat the oil in a wok or large frying pan over a high heat. Add the beef, in 2 batches, and stir-fry for 3 minutes. Remove the beef and set aside.

Add the garlic, ginger and cashews and stir-fry for just a minute, then add the sweet chilli sauce, ketchup, balsamic, chilli flakes and 100ml water. Bring to the boil, then reduce the heat and simmer for 2 minutes. Add the broccoli to the sauce and stir-fry for 2 minutes, then return the beef to the wok to heat through.

Serve with rice.

INGREDIENTS

- 2 tbsp oil
- 200g sirloin steak, trimmed of fat and thinly sliced
- 2 garlic cloves, thinly sliced
- 2.5cm piece fresh ginger, finely sliced into strips
- 50g cashew nuts, chopped
- 3 tbsp sweet chilli sauce
- 1 tbsp tomato ketchup
- 3 tbsp balsamic vinegar of your choice
- Pinch of chilli flakes
- 200g purple sprouting broccoli

