

Sizzling Stir Fry Steak



- 1lb Sirloin/frying steak remove all fat
- 2 Red chillies finely chopped (remove seeds)
- 3 tablespoons red wine vinegar
- 2 fl oz light soy sauce
- Fresh piece of root ginger (grated)
- Bean sprouts
- Green beans
- Mange tout
- Carrots finely sliced or julienne
- 2 teaspoons of canderel

Method

- 1 First cut the beef into small strips and place into a bowl. Mix the red wine vinegar, soy sauce, sweetener three quarters of the chillies and grated ginger in a bowl. Pour over the meat and leave to marinate for 30mins - 1 hour.
- 2 Drain the steak keeping the marinade, fry the steak in a large frying pan/wok (no need for oil use some of the marinade to fry in) for 3-4 minutes or until cooked to your liking.
- 3 Transfer the beef to a bowl
- 4 Wipe out the pan and stir fry the vegetables in a small amount of marinade keeping the vegetables crisp.
- 5 Divide the vegetables between each serving bowls and top with equal amounts of steak, warm up the remaining marinade in the frying pan/wok and simmer. Pour the sauce over the steak and vegetables and finish with the remaining chillies.