



Noreen's Kitchen

Quick and Easy

Beef & Veggie Stir Fry

Ingredients

1 pound minute steak or chipped sirloin	1 cup oyster sauce
2 tablespoons vegetable oil	1/2 cup soy sauce
1/2 pound snow peas	1 tablespoon honey or brown sugar
1/2 pound button mushrooms, sliced	1/2 cup water
1 cup zucchini cut into strips	1 teaspoon Sambal chili paste
1 cup onion, sliced & quartered	1/2 teaspoon toasted sesame oil
1 pound frozen broccoli florets, thawed	Cornstarch slurry: 1/2 cup water 2
4 cloves garlic, minced	tablespoons corn starch
1 tablespoon fresh or paste ginger	

Step by Step Instructions

Heat oil in a large, heavy bottomed skillet or wok over medium high heat.

Add minute steaks or chipped sirloin (I use Steak Eze Brand) to the pan and cook, breaking up as you go until done.

Remove meat from pan using a slotted spoon and set aside.

Add garlic, ginger and all the vegetables except the broccoli to the pan and toss well. Steam saute' for five minutes until vegetables are tender crisp and onions are somewhat translucent.

While veggies are cooking, mix up the sauce. Blend oyster sauce, soy sauce, sambal, brown sugar or honey, toasted sesame oil and 1/2 cup water together in a jug or bowl and stir well to combine.

Also mix together your cornstarch slurry by adding 2 tablespoons of cornstarch to 1/2 cup of cold water and whisking until smooth.

Once vegetables are done, add the steak back to the pan along with the broccoli, toss well.

Add sauce and stir.

Make a well in the center of the pan and add the cornstarch slurry. Stirring well and tossing to mix it through the entire pan.

Allow the mixture to come to a simmer. When the sauce is clear and no longer cloudy, and simmering, your sauce and stir fry are ready.

Serve with rice or noodles.

Enjoy!

