

Steak and Veg Stir-Fry



This is a great and tasty way to enjoy your steak and vegetables. Tasty, fresh and delicious.

Recipe supplied by Meat & Livestock Australia (MLA).

Ingredients

500 g rump steak or scotch fillet trimmed, sliced into strips

2 tbsp olive oil

1 brown onion, sliced

2 carrots, sliced

2 red capsicum, diced

1 bunch broccolini, chopped

2 tbsp oyster sauce

2 tbsp kecap manis

Steamed rice, sliced spring onions and lemon wedges, to serve

Method:

1. Place a large wok or large skillet over high heat and add half the oil to pan.
2. Add beef strips and stir-fry for 1 minute, until strips are golden on the outside and still pink in the centre. Transfer to a heat-proof bowl.
3. Add remaining oil to the pan, along with the carrot, capsicum and broccolini. Stir-fry for 3 - 4 minutes. Add onion and cook a further 2 - 3 minutes, until veggies are tender-crisp.
4. Return beef to the pan, add oyster sauce and kecap manis, and toss to coat.
5. Serve stir fry over steamed rice, with spring onions and lemon wedges.