



CHINESE BEEF STIR FRY
RECIPE

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COOK TIME

15 mins

PREP TIME

10 mins

SERVES

4 x

CHINESE BEEF STIR FRY

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INGREDIENTS

- Canola Oil Spray
- 500 g Lean Beef Strips
- 2 Red Capsicum (400 g), sliced
- 2 Bok Choy (300 g), sliced, leaves and stems separated
- 300 g Green Beans, trimmed and halved
- 1 MasterFoods™ Chinese Beef Stir Fry Recipe Base
- 1 cup dry Brown Rice

METHOD

1. 1.
Heat wok on high heat. Spray with oil and cook beef until browned.
2. 2.
Add capsicum and cook until soft.
3. 3.
Add stems of bok choy, green beans and recipe base, stir through and simmer for 3 minutes.
4. 4.
Add bok choy leaves and cook for a further 2 minutes.
5. 5.
Meanwhile cook rice to serve with your MasterFoods™ Chinese Beef Stir Fry.
6. 6.
For a vegetarian option, swap the beef for 450 g firm tofu and 2 cubed zucchinis.

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