

THRIVE

Hoisin Beef Stir-fry

Nutritional Information Per Serve:

Fats:	16.6
Carbs:	13.7
Protein:	46.8
<u>Total Calories:</u>	413

Serves: 4 People

Cooking Time: 20 mins Prep, 15 mins cooking

Ingredients:

- 1 teaspoon sesame oil
- 1 teaspoon cracked black pepper
- 2 small green onions, chopped finely
- 1 fresh small thai chilli, chopped finely
- 2 cloves of garlic, crushed
- 3cm piece (15g) of fresh ginger grated
- ⅓ cup chinese rice wine
- ⅓ cup soy sauce
- 800g of beef strips
- 1 tablespoons peanut oil
- 1 medium brown onion sliced thinly
- 1 medium red capsicum sliced thinly
- 100g fresh shiitake mushrooms, trimmed, sliced thinly
- ¼ Cup of water
- ¼ cup hoisin sauce

Plus any other veggies you want

Method:

Combine sesame oil, pepper, green onions, chilli, garlic, ginger, half of the wine, half of soy sauce, in large bowl, add beef, toss beef to marinate, cover - refrigerate 3 hours or up to overnight.

Heat half of the peanut oil in wok, cook beef mixture until beef is browned.

Heat remaining peanut oil in the same wok, stir fry brown onion and capsicum until almost tender add mushrooms, other veggies, water, hoisin, remaining wine and remaining soy sauce, stir fry for 5 mins or until veggies are tender.

Return beef to wok, heat through.

Divide stir fry among serving bowls, top with sliced green onions.