

Chinese beef stir fry RECIPE

## **Chinese beef stir fry**



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

## **RELATED PRODUCTS**



MasterFoods Chinese Beef Stir Fry Recipe Base 175g

See details

## **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 book 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.

**Source URL:** https://www.masterfoods.com.au/recipes/chinese-beef-stir-fry