Chinese beef stir fry
RECIPE

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COOK TIME	15 mins
PREP TIME	10 mins
SERVES	4 x

Chinese Beef Stir Fry

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

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