

# Pan Asian Stir-Fry Beef

**Serves 2**

**Preparation time:** 10 mins

**Cooking time:** 10 mins

**Ingredients:**

225g/8oz lean beef steaks, cut into 1cm (2inch) strips  
2 tbsps peanut butter  
2 tbsps light soy sauce  
2-3 tbsps sweet sherry  
Zest and juice of 1 lime  
1 clove garlic, peeled and crushed  
2.5cm/ 1 inch piece fresh root ginger, peeled and finely chopped

2 tbsps freshly chopped coriander  
4 tbsps water  
2 tps sesame or sunflower oil  
1 large red pepper, seeded and cut into small chunks  
1 00g/4oz baby sweetcorn, cut in half, lengthways  
1 small bunch spring onions, chopped 100g/4oz beansprouts

**Method:**

1. In a small bowl mix together the peanut butter, soy sauce, sherry, lime zest and juice, garlic ginger, coriander and water.
2. Add the meat to the marinade, stir, cover and leave in the refrigerator for 30 minutes.
3. Heat the oil in a non-stick wok or frying pan. Remove the meat from the marinade and fry for 3-4 minutes, stirring frequently. Reserve the marinade.
4. Add the red pepper, spring onions and baby corn and cook for 2-3 minutes.
5. Add the beanshoots and the reserved marinade and cook for 1-2 minutes.
6. Serve the stir-fry on a pile of noodles or fragrant rice.

**NB:** This recipe contains nuts.

**Cook's Notes:**

**Suitable Cuts:** Sirloin, rump, topside, silverside, top rump or blade steaks