

BEEF & BROCCOLI STIRFRY



All Phases

Ingredients

SB	GM	ST	MN	
				Non-stick cooking spray
1ml	2ml	3ml	5ml	Sweetener
4ml	5ml	6ml	7.5ml	Balsamic vinegar
10ml	15ml	20ml	25ml	Apple juice, unsweetened
2.5ml	2.5ml	2.5ml	2.5ml	Ginger, grated
-	-	8ml	10ml	Soy sauce (salt-reduced)
-	-	-	5ml	Cornflour (Maizena), mixed with 5 to 10ml water
100g	120g	150g	200g	Beef fillet, lean (fat trimmed), sliced into strips
20g	25g	25g	50g	Onion, sliced or chopped
¼	¼	½	½	Clove of garlic, minced
100g	125g	125g	150g	Broccoli, florets and stems, bite-size pieces
-	-	250ml	250ml	Whole-wheat pasta or brown rice, cooked



METHOD

Directions

- Mix the sugar substitute, vinegar, apple juice, ginger, soy sauce (where applicable) and cornflour mixture (where applicable) together and set aside.
- Apply non-stick cooking spray to a non-stick pan or wok, stir-fry the beef until well browned, transfer to a warmed plate and cover with foil to keep warm.
- Stir-fry the onion and garlic for 2 minutes.
- Add the broccoli to the onions and stir-fry for 3 to 5 minutes, adding water if necessary to prevent burning.
- Add the beef and sauce mixture and stir-fry over a high heat for 2 to 4 minutes until heated through.
- Serve at once (with rice or noodles on ST and MN).

Stir-frying is a popular and healthy Asian technique for cooking meat and vegetables quickly, to retain texture and flavour. The basic method of stir-fry means lifting the food in the centre of the wok with a spatula and moving it to the (cooler) side.

Some tips for the perfect stir-fry:

Invest in a good quality, non-stick wok.

Prepare everything beforehand as this technique requires non-stop stirring.

Cut the vegetables and meats approximately the same bite-size. Stir-frying uses high heat, so pieces must be small enough to cook through without burning.

Different ingredients require different cooking times and therefore staggering ingredients are required. For example, meat will be cooked before onions, which in turn will need more cooking time than broccoli.

When the food is about two-thirds done, add the sauce. At this stage it can also be covered and steamed until done or stir-fried until cooked.

*1 medium apple (150g) provides 100ml apple juice

Did you know?