

Less than 30 minutes

Serves 2

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Ingredients:

- Salt and milled pepper
- 500g beef strips (or steak, cut into strips)
- 2 Tbsp (30ml) water
- 2 Tbsp (30ml) cornflour
- 2 Tbsp (30ml) canola oil
- 1 small clove garlic, chopped
- 2cm knob ginger, peeled and sliced
- 2 Tbsp (30ml) oyster sauce
- ½ Tbsp (8ml) sesame oil
- Stir-fried greens and rice or noodles, for serving

Method:

1. Season beef well.
2. Toss beef and water together, then coat in cornflour.
3. Heat oil in a wok or pan until very hot and almost smoking.
4. Add beef and fry for 2 minutes, stirring continuously.
5. Add garlic and ginger and stir for a few seconds.
6. Add oyster sauce and sesame oil and briefly cook until sauce covers all ingredients.
7. Serve with stir-fried greens and rice or noodles.