



Beef and Snow Peas Stir Fry

Cooking Time: 30 minutes | Servings: 4

INGREDIENTS:

Sauce:

- 3/4 cup light sodium soy sauce
- 120 ml cold tap water
- 6 tablespoons mirin
- 4 tablespoons dark brown sugar
- 4 tablespoons corn starch

Stir fry:

- 2 tablespoon rice bran oil
- 4 cloves of garlic, minced
- 500 grams snow peas
- 1/2 cup finely sliced spring onions
- 800 grams eye fillet steak, thinly sliced into approximately 2-3cm strips. Rested for 30min out of fridge.

METHOD:

1. In a measuring cup, whisk together light soy sauce, water, mirin, brown sugar, and corn starch. Set aside.
2. In a large non stick pan, over medium-high heat, add rice bran oil. Once oil is heated, add cook the beef until mostly cooked through, about 3-4 minutes on each side over two batches. Remove first batch from pan and set aside on a plate. Once all cooked place all the beef in the pan.
3. Add minced garlic and cook until fragrant, approximately 1 minute. Add the snow peas and spring onions and cook for about 3 minutes, tossing as it cooks.
4. Pour sauce in ensuring heat is still on medium/medium high heat and stir for one minute, stirring and tossing to incorporate everything. Sauce will thicken.
5. Serve with white rice.

TIPS/SUBSTITUTIONS:

- Scotch fillet beef also works a charm.
- Ensure beef is rested prior to grilling to prevent it being tough.
- Other vegetables such as broccoli, capsicum, corn, onions can be incorporated at the same time as the snow peas.