

Beef or Chicken Stir Fry

vibrant and zesty



A quick and flavourful stir-fry that brings together tender beef and vibrant veggies, finished with a zesty dressing.

Prep Time: 10 minutes. Cook Time: 10-15 minutes.

Ingredients:

- 100g Lean beef strips or chicken
- 50g Broccoli florets
- 50g Baby marrow, sliced
- 40g Onion, sliced
- 1 clove Garlic, minced
- Salt and pepper to taste

For the Dressing:

- 30ml tbsp Lemon juice
- 30ml tsp Vinegar
- 1 tsp Ginger, minced
- 1 clove Garlic, minced
- 1 small Chilli, finely chopped

Method:

1. Stir-Fry the beef strips with minced garlic, salt and pepper until browned.

2. Toss in broccoli, baby marrow, and onion, stirring frequently until vegetables are tender.
3. In a small pan fry crushed ginger, garlic and chilli with vinegar and lemon juice for 2 – 3 minutes till fragrant and serve over the stir-fry enjoy immediately.

Chef's Tip

Cook the vegetables and protein with the dressing and enjoy right away! While chicken reheats well, be careful with beef strips; overcooking can lead to a tough texture, making it best enjoyed fresh.