



Chinese Stir-Fry Beef Curry

A classic stir-fry method of cooking beef flavored with Chinese curry spices. Great served with noodles

Serves : 4

Preparation Time : 20 minutes

Cooking Time : 5 minutes

Ingredients

1 lb / 450 g rump steak cut into thin sliced (across the grain).

1/2 tsp Salt

2 tbsp vegetable oil

2 cloves garlic, sliced

2 tsp shredded fresh ginger root

4 spring onion, shredded

2 tbsp light soy sauce

2 tbsp stock (or hot water)

2 tbsp rice wine or dry sherry

Herbs & Spices

4 tsp Curry Chinese

Cooking Instructions

Combine the salt and the beef and set aside.

In a wok (or large heavy based pan) heat the oil until hot but not smoking . Add the chinese curry powder and fry for 1 minute until aromatic. Take care not to burn it. Add the beef and stir-fry for 1-2 minutes until brown.

Add the ginger, garlic and spring onions and cook for a further 1 minute. Pour over the soy sauce, stock and rice wine (or sherry if using) and stir well, so all the meat is coated. Cook for a further 1 minute until the beef is done.

Serve on a bed of noodles or rice.