



## 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.