

## Asian Style Beef Mince Stir Fry

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 15 minutes



2 serves per portion

### Ingredients

- 1 ¼ teaspoon cornflour
- 3 tablespoons water
- 1 tablespoon light soy sauce, salt reduced
- 1 teaspoon sesame oil
- 1 tablespoon rice wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon garlic, minced
- 1 teaspoon ginger, minced
- 500g lean beef mince
- 1 onion, diced
- ½ red capsicum, diced
- 1 bunch bok choy, cut in half to separate leaves from stems
- 1 carrot, julienne
- 1 zucchini, julienne
- 6 winged or green beans, roughly chopped
- 1 cup cabbage, shredded

### Method

MIX cornflour, water, soy sauce, sesame oil and rice wine vinegar together in a small bowl and set aside.

HEAT 1 tablespoon olive oil in a wok or large pan over medium-high heat.

SAUTE garlic and ginger for a minute before adding mince and stirring to cook through.

REMOVE mince from the wok and set aside, keeping warm.

STIR FRY onion and capsicum in the wok until soft.

ADD bok choy stems, carrot, zucchini and beans. Stir fry until beans are tender. Add a splash of water if pan is drying out.

POUR sauce mixture into the wok and add bok choy leaves and cabbage. Stir until cabbage is wilted.

DIVIDE vegetables into 4 serves and serve with mince on top.



Everyday Food

*Recipe courtesy of Ann Henderson, Pt Vernon/Pialba Branch*