

Save Our Stomachs

PAN ASIAN STIR-FRY



An oriental treat that's not from the Chinese Take Away!!!!

Use either prepared Quality Standard beef or lamb stir-fry strips or beef or lamb steaks cut into strips.

This recipe contains nuts, serves 2 people and takes 5 minutes to prepare and 10 minutes to cook: Quicker than the time it takes to pop down to the Chinese.

Cooking equipment you will need:

a medium bowl
Cling film or aluminium foil
a large non-stick wok or frying pan
a chopping board
a sharp knife
a wooden spoon

Ingredients you will need:

2tbsp peanut butter
1 tbsp light soy sauce
1 small sachet stir-fry sauce of your choice
225g Quality Standard beef or lamb stir-fry strips
2tsp oil
300g pack fresh stir-fry vegetables

To prepare your ingredients:

- In the medium bowl mix together the p/nut butter, soy sauce and stir-fry sauce. Add the stir-fry strips and coat in the sauce. If time allows cover and refrigerate for 30 minutes for the flavours to develop

To cook the recipe:

- Heat the oil in the wok or frying pan. Remove the stir-fry strips from the marinade and stir-fry for 3-4 minutes, stirring frequently. Reserve the marinade
- Add the stir-fry pack and stir-fry for 2-3 minutes
- Add the reserved marinade and cook for a further 1-2 minutes
- Serve with egg noodles or rice and prawn crackers