



Stir Fry Beef

SERVES 4

INGREDIENTS

3 garlic cloves, peeled
3 tbs coriander roots and stems
2 long red chillies, deseeded
480g lean beef fillet, thinly sliced
1 tbs olive oil
200g green beans, trimmed and sliced into 5cm pieces

125g oyster mushrooms
2 tbs salt reduced soy sauce
1 tbs fish sauce
½ cup salt reduced chicken stock

To Serve

Chilli slices and coriander leaves

METHOD

1. Chop the garlic, coriander and chilli in a food processor to form a paste. Toss through the beef slices.
2. Heat the oil in a wok over high heat and stir fry the beef in batches until just cooked. Set aside.
3. Add the vegetables, sauces and stock to the wok and cook for 2 minutes or until vegetables are tender. Add the beef and heat through.
4. Serve with extra chilli slices and coriander leaves.

