

ANNA

Teriyaki Beef Stir-Fry With Shitake, Snow Peas And Bok Choy

A uniquely satisfying beef and mushroom stir-fry with enough vegetables to keep it healthy, but drizzled in a salty, sweet, sugar-free teriyaki.

Ingredients

1 tablespoon peanut oil
1 pound beef fillet, thinly sliced, or any good quality beef
Sea salt & cracked black pepper
1 clove garlic, crushed
1 tablespoon finely chopped ginger
1 red chili, seeded, finely chopped
1 cup shitake chopped mushrooms
1 cup enoki mushrooms
1 cup snow peas
1 cup baby bok choy
½ cup bean sprouts
4 green onions, thinly sliced
1 red chili, seeded, julienned
4 cups cooked Vermicelli noodles

Stir-fry sauce

1 tablespoon cornstarch
3 tablespoons Tamari soy sauce
2 tablespoons mirin
1 teaspoon sesame oil
1 teaspoon honey

Preparation

For sauce, in small bowl whisk together all ingredients and set aside.

Heat peanut oil in wok or large skillet over high heat; season beef with salt & pepper and stir-fry 3 - 4 minutes. Remove and set aside.

To same wok or skillet add garlic, ginger, and chilli and stir-fry 1 -2 minutes. Add mushrooms, snow peas, bok choy, and stir-fry 2 minutes. Add soy mixture and beef, and toss to combine. Add bean sprouts and toss well.

Garnish with green onion and red chilli. Serve over bed of Vermicelli rice noodles. Serves 4.

Note: cook Vermicelli noodles according to package directions to al dente stage, do not overcook.