



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

WWW.ROSEMARYCONLEY.COM

Recipe © Rosemary Conley Enterprises

GINGER BEEF STIR-FRY

Ginger Beef Stir-fry is made with thin beef steak sliced evenly or you can go vegetarian by using Quorn® pieces instead.

Serves 4

Per serving: 338 calories, 1.5% fat

Prep time 5 mins

Cook time 10 mins

INGREDIENTS

450g lean rump steak cut into strips
3 baby leeks, finely sliced
100g chestnut mushrooms, sliced
1 tbsp light soy sauce
1 tbsp sweet chilli sauce
1 tsp chopped fresh ginger
150g sugar snap peas, cut in half
2 whole pak choi
300g pack beansprouts
400g pack ready to wok medium noodles
1 tbsp chopped fresh coriander, to garnish

METHOD

1. Heat a non-stick wok or frying pan, then add the beef strips and dry-fry them for 3–4 minutes until sealed. Remove from the pan and set aside on a plate.
2. Return the pan to the heat, add the leeks and mushrooms and dry-fry for 2–3 minutes, mixing well.
3. Mix together the soy sauce, chilli sauce and chopped ginger and pour over the beef, coating the meat.
4. Return the beef to the pan. Add the remaining ingredients, toss well to combine them and dry-fry until the meat is hot.
5. Serve straight away topped with the chopped coriander on a bed of noodles.

