

PINEAPPLE, BEEF AND GINGER STIR-FRY

INGREDIENTS:

- 400g rump steak, thinly sliced
- 3tbsp soy sauce
- 2tbsp soft brown sugar
- 1tbsp chilli sauce
- 1tbsp rice wine vinegar
- 2tsp vegetable oil
- thumb-sized piece ginger, cut into fine matchsticks
- 4 spring onions, cut into 3cm lengths
- 200g pineapple, cut into chunks
- handful coriander leaves, to serve
- rice and greens, to serve (optional)



HOW TO PREPARE:

STEP 1:

Mix the steak, soy sauce, sugar, chilli sauce and vinegar together, and set aside for 10 mins.

STEP 2:

Heat a wok with 1 tsp of the oil. Lift the steak from the marinade and sear, in batches, then remove. Add a bit more oil and fry the ginger until golden. Add the spring onions and pineapple, and return the steak to the pan. Stir to heat through for 1 min, then add any remaining marinade. Keep stirring until the marinade becomes thick and everything is hot. Serve sprinkled with coriander, and with rice and greens, if you like.

PREP TIME: 15 mins

COOK TIME: 10 mins

SERVINGS: 2