

Beef with Capsicums

Serves 4

500g round steak
2T oil
2 stalks celery, sliced
1 green capsicum, cut in strips
1 red capsicum, cut in strips
1/2C sliced green beans
1 onion, cut into wedges
1C mushrooms, sliced
1 clove garlic, crushed
1t grated fresh ginger
2T soy sauce
1/4C beef stock
2t cornflour

Trim steak and cut into long, thin strips. In a wok or a large frypan, heat half the oil and add celery, capsicum, beans, onion and mushrooms. Stir-fry for 3-4 minutes until vegetables are just cooked. Remove to a plate and set aside. Add remaining oil to pan and add garlic and ginger. Return vegetables to pan and toss over medium heat for 1-2 minutes. Blend soy sauce with stock, sugar and cornflour. Pour into pan and stir until sauce thickens. Serve with noodles.

(T= tablespoon, t= teaspoon, C= cup)