

Lean beef stir-fry

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Lean beef stir-fry

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This low-GI meal is packed full of flavour and chunky vegetables.

Ingredients (serves 2)

- 200g lean beef strips
- 1 onion
- 1 large carrot
- 1 stick celery
- 1 green or red capsicum
- 1 tsp crushed ginger
- 1 tsp crushed garlic
- 1 tbsp olive oil
- 2 tbsp wine
- 2 tbsp oyster sauce

Method

Slice onion and dice or chop other vegetables. Add oil to wok and heat. Add onion, garlic and ginger and cook for 1 minute.

Add beef strips and cook for 1 minute, then add wine and cook for another minute. Add the rest of vegetables and sauce. Stir until cooked.

Serve with rice or noodles.

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