

Ginger beef and bean stir fry

Search:

- [Asian](#)
- [Beef](#)
- [Dinner](#)
- [Recipes](#)

Ginger beef and bean stir fry

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js =  
d.createElement(s); js.id = id; js.src = "///connect.facebook.net/en_US/all.js#xfbml=1";  
fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.cre  
ateElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,  
fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true;  
po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```

Ginger beef and bean stir fry



Rate this recipe

2 people are cooking this [Count me in](#)

This beef stir fry can be thrown together in under 10 minutes. Serve with brown rice and garnish with spring onions.

Ingredients (serves 4)

- 250 g fresh or frozen edamame (soy beans)
- 1 tbsp peanut or macadamia [oil](#)
- 500 g lean rump [steak](#), thinly sliced across the grain
- 1 white onion, thinly sliced
- 3 cm piece ginger, peeled and cut into thin matchsticks
- 1 long red chilli, seeded and finely chopped
- 200 g snake beans, trimmed and sliced
- 1 red [capsicum](#), seeded and thinly sliced
- 2 tbsp oyster sauce
- 1 tbsp low-salt soy sauce
- 1 tbsp Chinese rice wine
- Steamed brown rice, to serve (optional)
- Spring onions (scallions), thinly sliced, to garnish (optional)

Method

Ginger beef and bean stir fry

Cook edamame in a saucepan of boiling water for 1 minute. Refresh under cold running water. Drain. Remove beans from pods and set aside.

Heat half the oil in a large wok over high heat. Stir-fry the beef in two batches for 2 minutes or until golden. Remove from wok and set aside.

Return wok to high heat. Add the remaining oil and the onion and stir-fry for 2 minutes. Add the ginger and chilli and stir-fry for 30 seconds or until fragrant. Add snake beans, capsicum and 2 tablespoons water and stir-fry for 2 minutes or until vegetables are almost tender-crisp.

Return beef to the wok with the reserved edamame and the oyster sauce, soy sauce and rice wine, and stir-fry for 1 to 2 minutes or until heated through. Serve immediately on steamed brown rice, if desired, garnished with spring onions.

Recipe and images from *Super Legumes* by [Chrissy Freer](#)

NEXT: [Seafood udon noodle stir fry](#)

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('result').html(data); alert('This recipe was added to your favorites list'); }); }
```