

Lean beef stir-fry

Search:

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

Lean beef 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.createElement(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](#)

Lean beef stir-fry



Rate this recipe

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

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.

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeIn(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'); }); }
```