

# Spicy Beef Stir Fry

**Serves 4**

**Per Serving**

**235 Cals**

**10g Fat**

## **Ingredients :**

330g sirloin steak cut into strips

6 tbsp teriyaki marinade

1 tbsp groundnut oil

90g spring onions finely sliced into thin strips

2 garlic cloves finely chopped

2 large red chillies deseeded and finely chopped

2cm piece of fresh root ginger grated, approx 15g

200g pack tender stem broccoli roughly chopped

2 x small red peppers deseeded and cut into strips, approx 200g

25g pack basil leaves shredded

## **Cooking instructions :**

1. Place the steak in a bowl with half the sauce, set aside in a wok. Heat the oil and cook the steak in batches for 2-3 mins until brown. Transfer to a plate, then add half the spring onions, garlic, chilli and ginger and cook for 1-2 mins.
2. Add the broccoli and peppers and stir fry for 3mins then add the remaining teriyaki marinade.
3. Cook for further 2-3 mins, return the steak to the pan and stir in half the basil.
4. Serve topped with the remaining spring onions and basil leaves.