

beef with mushrooms, choy sum & cashews

preparation: 20 minutes cooking: 12 minutes serves: 4



2 tbs peanut oil
300g beef fillet steak, trimmed & thinly sliced
1 medium brown onion, cut into wedges
2 garlic cloves, thinly sliced
1 red capsicum, quartered, deseeded & thinly sliced
1 bunch choy sum, trimmed, washed
& roughly chopped
500g flat mushrooms, halved & thinly sliced
2 tbs soy sauce
1 tbs sweet chilli sauce
½ cup roasted unsalted cashews
Singapore noodles, to serve

1. Heat a wok over high heat. Add 3 tsp oil & heat until hot. Add ½ the beef & stir-fry for 1 minute or until browned. Remove to a plate, cover loosely with foil & keep warm. Repeat using 3 tsp oil & the remaining beef.
2. Heat the remaining oil in the wok over high heat until hot. Add the onion & garlic & stir-fry for 2 minutes. Add the capsicum & choy sum stems (reserving the leaves for step 4) & stir-fry for 1 minute.
3. Add the mushrooms, soy sauce & sweet chilli sauce & stir-fry for 2 minutes or until mushrooms are just tender.
4. Add the beef & choy sum leaves to the wok & stir-fry for 1 minute or until the leaves just wilt. Stir in the cashews & serve with Singapore noodles.

Variation: Add 1 deseeded & chopped small red chilli to the stir-fry with the onion & garlic. Replace the beef with chicken tenderloins, halved lengthways.

