



## Beef, green bean and mushroom stirfry

Serves: 4. Recipe from [healthyfoodguide.com.au](http://healthyfoodguide.com.au)  
Time to make: 25 mins

### Ingredients

- 1 tablespoon sunflower oil
- 500g lean rump steak, thinly sliced
- 1 large red onion, cut into thin wedges
- 200g button mushrooms, thickly sliced
- 3 garlic cloves, thinly sliced
- 200g green beans, trimmed, cut into 4cm lengths
- 1 medium red capsicum, thinly sliced
- 150g sugar snap peas, trimmed
- 100g baby spinach
- 2 tablespoons oyster sauce
- 1 tablespoon Chinese cooking wine
- 2 cups steamed quinoa, to serve

### Instructions

**Step 1** Heat a wok over high heat. Heat 2 teaspoons of oil for 20 seconds. Stir-fry half of the beef 1–2 minutes, or until it is lightly browned. Transfer to a bowl. Repeat with 1 teaspoon of oil and the remaining beef.

**Step 2** Return wok to high heat. Add the remaining oil and heat for 20 seconds. Stir-fry the onion for 2 minutes. Add the mushrooms and garlic, then stir-fry for 1–2 minutes, or until golden. Add the beans, capsicum and sugar snap peas; stir-fry for 2 minutes, or until almost tender.

**Step 3** Return beef to wok with spinach, oyster sauce and Chinese cooking wine. Stir-fry for 1–2 minutes, or until heated. Serve with steamed quinoa.



### Tips!

You could also serve this with steamed brown rice or perhaps some noodles.

Top with some unsalted cashew nuts for some added crunch and added flavour!

**If you would rather swap the vegetables mentioned above for something else, why not try:**

**carrots - zucchini - swiss brown mushrooms - shitake mushrooms or broccoli. Actually whatever your favourite stir fry vegetable is would be great!**