

# MY SPEEDY STIR FRY

*by Tim Bone*

SERVES: 4



## INGREDIENTS

- 2 TBSP CANOLA OIL
- 1 TSP SESAME OIL
- 500G PACK OF CLEAVERS ORGANIC BEEF STIR FRY
- GOOD PINCH OF SALT AND PEPPER
- 4 CLOVES OF GARLIC, GRATED
- 1 TBSP GINGER, GRATED
- 1 OF EACH RED, GREEN AND YELLOW CAPSICUM, SLICED INTO THIN STRIPS
- 400G HOKKIEN NOODLES
- 1 TBSP CORNFLOUR
- 1 TBSP WATER
- 2 TBSP SESAME SEEDS

### FOR THE SAUCE

- ¼ CUP KECAP MANIS (SWEET SOY SAUCE)
- ¼ CUP SWEET CHILLI SAUCE
- ¼ CUP HONEY

## METHOD

1. COOK NOODLES AS PER PACKET INSTRUCTIONS. RINSE WITH COLD WATER TO STOP THEM FROM STICKING TOGETHER.
2. HEAT A WOK OVER HIGH HEAT, ADD THE CANOLA AND SESAME OIL. WHEN STARTING TO SMOKE, ADD THE BEEF STRIPS AND STIR FRY UNTIL BROWNED.
3. WHILE THE BEEF IS COOKING, TO MAKE THE SAUCE, MIX TOGETHER THE KECAP MANIS, SWEET CHILLI AND HONEY.
4. ADD THE GARLIC AND GINGER AND STIR FRY FOR 30 SECONDS BEFORE ADDING THE CAPSICUM STRIPS. STIR FRY FOR A MINUTE OR TWO. ADD THE NOODLES AND THE SAUCE TO THE WOK AND MIX UNTIL COMBINED.
5. MIX THE CORNFLOUR AND WATER TOGETHER TO MAKE A SLURRY, ADD TO THE WOK AND STIR TOGETHER TO THICKEN THE SAUCE.
6. ADD THE SESAME SEEDS AND SERVE!