

Beef, Broccoli & Cashew Nut Stir-Fry

Serves 2

Preparation Time: 10 mins

Cooking Time: 10 mins

What makes this stir-fry really special is the addition of cashew nuts.

Ingredients

- ❖ 30ml (2 tbsp) soy sauce
- ❖ 45ml (3 tbsp) sherry
- ❖ 5ml (1 tsp) sugar
- ❖ 30ml (2 tbsp) sunflower oil
- ❖ 1 red onion, thinly sliced
- ❖ 300g (10 oz) rump steak, cut into thin strips
- ❖ 300g (10 oz) broccoli florets
- ❖ 25g (1 oz) roasted cashew nuts, or more if you like

Directions

1. Mix the soy sauce, sherry, sugar and 30ml (2 tbsp) water in a small bowl.
2. Heat the oil in a large frying pan or wok, add the onion and beef, then stir-fry quickly until the beef is lightly browned. Tip out onto a plate.
3. Add the broccoli and cashews to the pan, stir-fry for 1 minute, then add the soy mixture. Bring to the boil, then cover and simmer for 5 minutes until the broccoli is just tender.
4. Tip the beef and onions back into the pan and heat through briefly before serving with noodles or rice.

Notes

- ✓ Sometimes I fry the onions in a bit of oil first, caramelize them, set them aside and cook the rest as instructed, only to add the onions back to the dish at the very end.

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