

Beef and bok choy stir-fry



This dish is so simple and beats a takeaway any day.

It's the perfect dish when you want something fast after a long day at work.

It also works well with prawns.



Ingredients-serves 4

- 500g lean stir-fry beef, such as sirloin, thinly sliced
- ½ red chilli, deseeded and finely chopped(optional)
- 1 tbsp oyster sauce
- 2 tsp sesame oil
- juice of 1 lime, plus lime wedges to serve
- 1 tbsp garlic-infused rapeseed oil
- 4cm piece of fresh ginger, peeled and minced
- pinch of asafoetida powder
- 134g/2 medium carrots, thinly sliced lengthways
- 200g bok choy, sliced
- 160g/1 red pepper, sliced
- **15g/3 spring onions (green part only), chopped**
- 2 tbsp low-sodium soya sauce
- freshly ground black pepper
- 200g rice noodles
- 1 tbsp sesame seeds
- 1 tsp rapeseed oil
- handful of fresh basil leaves, chopped

Method

Put the beef in a bowl with the chilli (if using), oyster sauce, sesame oil and half of the lime juice (this can be done in advance for extra marinating time).

Heat the garlic-infused oil in a wok set over a high heat. Add the ginger and asafoetida powder and cook for 1 minute. Add the carrots and stir-fry for 2–3 minutes. Add the bok choy and red pepper and cook for 1 minute, followed by the spring onions and cook for 1–2 minutes more. Add the soya sauce and a pinch of black pepper and transfer to a large bowl.

Cook the noodles as per the packet instructions, then drain.

In a separate dry pan, toast the sesame seeds over a medium–low heat, stirring occasionally, for 2–3 minutes, until the seeds turn brown (don't add any oil to the seeds!). The slower the cooking, the nuttier the flavour! Tip out into a bowl or plate.

Add the teaspoon of rapeseed oil to the wok and return to a high heat. Add the beef mix and cook for 1–2 minutes, until the beef turns pink, or as per your liking. Add the rest of the lime juice to the beef and swirl it around in the wok for 1 minute before adding the fresh basil. Stir in the cooked vegetables and noodles and toss to combine.

Serve the stir-fry sprinkled with the toasted sesame seeds and lime wedges on the side.