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Let's Get Cooking!!!

## Beef Stir Fry – Dairy Free, Gluten Free

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves



### Ingredients

- 1 tablespoon Ground Ginger
- 1 tablespoon Ground Garlic
- 6 tablespoons of Gluten Free Soy Sauce
- 6 tablespoons Oyster Sauce
- 2 Tablespoons Honey/Maple Syrup/Brown sugar (optional)
- Mixed vegetables
- 2 Spring onions
- 1 Red Onion
- 4 tablespoons Sesame oil
- 2 Rump Steaks
- Rice noodles

### Method

- 1) Add boiling water to a portion of rice noodles until covered. Leave to sit for 5 minutes, drain the water then rinse in cold water to stop the cooking process. Set aside for later.
- 2) Chop the rump steak into small strips and place in a bowl.
- 3) Add the ginger, garlic and soy sauce to the steak and mix together until the steak is fully coated in the marinade – leave to marinade whilst preparing vegetables.
- 4) Chop vegetables and onions – separate the white part of the spring onion from the green part
- 5) Heat up your wok (medium heat) then add half of the sesame oil. Your wok should smoke a little.
- 6) Add the sliced red onion and the white part of the spring onion and fry until caramelised.
- 7) Add the rest of the vegetables and fry for approximately 5 minutes – remove the vegetables from the wok and place into a bowl on the side.
- 8) Add the rest of the sesame oil then add the steak – fry until nicely browned.
- 9) Add the vegetables back into the wok and continue to stir fry with the steak.
- 10) Add the noodles to the wok and mix all ingredients together.
- 11) Add oyster sauce, mix together then garnish with the green part of the spring onion.