

## BEEF STIR-FRY

There are so many things to love about this recipe. It's an all-in-one dinner that feeds a crowd. It's tasty and adaptable. It's surprising - overcoming a phobia of steamed meat in one fell, delicious swoop.

**Serves: 4** (increase meat and vegetable quantities to serve



**Time:** 45 minutes, plus at least 20 minutes steak marinating. (more)



### INGREDIENTS

2 garlic cloves, peeled  
2 spring onions, white part only  
30 grams (1 oz) oyster sauce  
50 grams (2 oz) soy sauce  
50 grams (2 oz) sugar  
10 grams (0.35 oz) sesame oil  
300 grams (10.6 oz) rump or porterhouse steak, or more if you're feeding more, whole not sliced.  
3 eggs  
70 grams (2.5 oz) rice per person (up to 400 grams)  
30 grams (1 oz) vegetable oil  
10 grams (0.35 oz) ginger chilli, fresh or paste, to taste  
400 grams (14 oz) mixed vegetables, such as purple cabbage, carrots, broccoli, bok choy and beans, cut into bite-sized portions



### METHOD

1. First, make the steak marinade. Put the garlic cloves and spring onions in mixing bowl and chop **2 sec/speed 7**.
2. Add oyster sauce, soy sauce, sugar and sesame oil to mixing bowl, and mix **10 sec/speed 3**. Rub all the marinade into the steak and leave it in the fridge for 20 minutes or more.
3. Put the steamer basket in place, weigh in 70 grams of rice per person (up to 400 grams maximum), then pour over 1 kilogram of water. Wash the rice by mixing **10 sec/speed 5**.
4. Place the marinated steak in the base of the Varoma and pour the steak marinating liquid over it.
5. Put the Varoma tray in place, over the steak, then take a large sheet of baking paper, dampen with water, scrunch it up, then spread it over the Varoma tray. Crack 3 eggs into a bowl and whisk them. Tip the eggs onto the baking paper in the Varoma tray.
6. Cook rice, steak and omelette **20 min/Varoma/speed 4**.
7. Tip the rice into a Thermoserver or other heatproof bowl and rest the steak and omelette on top. Cover with the lid or foil. Wash and dry mixing bowl.
8. Add the ginger and fresh chillies or chilli paste. Chop **2 sec/speed 7**, then scrape down. Add vegetable oil and heat **2 min/Varoma/speed 1**. Add mixed vegetables and cook **6 min/Varoma/Reverse/speed 1**.

To serve, mound rice in a bowl or on a platter. Slice the steak and omelette, and arrange the meat, vegetables and omelette on top.



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**Tips**

- The thicker your steak, the rarer your meat.
- Double the marinade ingredients to boost the flavours. Don't clean the mixing bowl.



## BEEF STIR-FRY

**Serves: 4** (increase meat and vegetable quantities to serve more)



### SHOPPING LIST:

- Garlic cloves (2)
- Spring onions (2)
- Oyster sauce (30 grams / 1 oz)
- Soy sauce (50 grams / 2 oz)
- Sugar (50 grams / 2 oz)
- Sesame oil (10 grams / 0.35 oz)
- Rump or porterhouse steak (300 grams / 10.6 oz)
- Rice per person (70 grams / 2.5 oz)
- Vegetable oil (30 grams / 1 oz)
- Ginger (10 grams / 0.35 oz)
- Chillies, fresh or paste, to taste
- Mixed vegetables (400 grams / 14 oz)



### NOTES & TIPS:

- Such as purple cabbage, carrots, broccoli, bok choy and beans, cut into bite-sized portions