

Stir Fried Beef with Oyster Sauce and Peppers

Serves: 4
Preparation Time: 20 minutes
Cooking Time: 4 minutes



Ingredients

- 300g frozen fillet of beef, defrosted for 8 hours in the fridge
- 2 cloves garlic, finely chopped
- 1 green capsicum, core removed and cut into strips
- 1 yellow capsicum, core removed and cut into strips
- 1 red capsicum, core removed and cut into strips
- 3 tbsp vegetable oil

Marinade for Beef

- 1 tbsp oyster sauce
- 1 tsp Chinese yellow wine (hua teow jiu) – optional
- ½ tsp salt
- 2 tsp cornflour
- ½ tsp sesame oil

Sauce

- 1 tsp light soya sauce
- ½ tsp sugar
- 2 tbsp water



Method

1. Cut the beef into finger length strips. It is easier to cut the beef while it is still semi-frozen. Mix all the marinade ingredients together except for the sesame oil. Mix with the beef, then add sesame oil and mix. You add the oil last so that the oil will not prevent the other marinade ingredients from penetrating into the meat. Keep aside for a few minutes.
2. Mix sauce ingredients together and set aside.
3. Put a wok on high heat and when it is hot, add 2 tablespoons oil and when it is hot, add the garlic, stir fry briefly before adding the 3 types of capsicums. Stir fry for 1 minute.
4. Push the capsicum to one side of the wok, add the remaining oil and when it is hot, add the beef and stir fry quickly for about 1 minute, add the sauce mixture, mix well and when the sauce boils, stir in the vegetables for a few seconds. Turn off the heat and serve at once.

