



BEEF STIR FRY

4cm/1 ½ in piece of ginger
4 tbsp soy sauce
4 tbsp mirin
3 garlic cloves
2 tbsp chopped pineapple
2 tsp red chilli flakes or Korean chilli powder
3 tbsp golden caster sugar
3 tsp sesame oil
500g sirloin or rump steak
1 large onion
1 tbsp toasted sesame seeds
200g cooked basmati rice
chopped spring onions

Preparation

1. Put the ginger, soy, mirin, garlic, pineapple, chilli flakes, sugar and 1 tsp of the sesame oil in a food processor and blend until fine. Pour the marinade into a bowl, add the meat, mix well and leave to sit while you prepare the onion.
2. Heat the remaining sesame oil in a large wok or frying pan until very hot. Add the onion and stir-fry for a few mins. Add the beef and the marinade, stirring constantly until it's cooked through, about 5 mins. Sprinkle with the sesame seeds and serve with rice and chopped spring onions.

