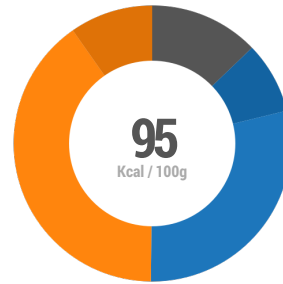


Asian Steak Stir Fry

Stir fried flat iron steak with vegetables, gochujang sauce and brown basmati rice

By Mark Irish from Brakes

Overview ...



CALORIES:

37.3% Carbs

12.8% Protein

49.9% Fat

Food Labelling...

Serves 1

CONTAINS:



EGGS



SESAME



SOYA

Recipe Ingredients ...

	Quantity:	Description:
135150 Simply Steak Beef Flat Iron Steak - BRAKES	112g	0.5x Each
10380 Ginger - BRAKES	8g	
114212 Chillies Red - BRAKES	10g	
10439 Fresh Garlic - BRAKES	8g	
10473 Spring Onions Bunch - BRAKES	5g	
10374 Baby Corn - BRAKES	10g	
10372 Mangetout - BRAKES	20g	
10582 Pak Choi - BRAKES	30g	
10224 Red Onions - BRAKES	40g	
131448 Tilda Steamed Brown Basmati Rice 250g - BRAKES	125g	0.5x Each
114207 Broccoli Tenderstem - BRAKES	40g	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	56g	1x Each
124867 Kikkoman Tamari Gluten Free Soy Sauce 1L - BRAKES	5g	
128591 Pureety Classic Korean Gochujang Sauce - BRAKES	20g	
21856 Prep Premium Toasted Sesame oil - BRAKES	20g	

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 509g / 495kcal

1

Cooking Instructions & Notes

Preparation:

- Trim and slice the steak into batons
- Peel and thinly slice the ginger into julienne
- Slice the chillies
- Peel and finely chop the garlic
- Slice the spring onions
- Cut the corn in half on the angle
- Cut the mange tout in half on the angle
- Shred the Pak Choi
- Peel and slice the red onions
- Trim & blanch the broccoli
- Make up a thin omelette with the eggs and shred

Method:

1. In a hot wok fry the steak with a little oil - adding the veg soon after
 2. Microwave the rice until core temperature is reached
 3. Add the rice to the pan along with the shredded egg, soy sauce and gochujang
 4. Toss together on a high heat for a 1 min
 5. Decant into your chosen serving dish
 6. Top with spring onions and a squeeze of lime and coriander if you wish
- NB. Add some crispy fried onions - code 127293 - to the finished dish for added flavour & texture