

Beef Stir Fry



This recipe will keep you and the family cosy.

Ingredients

500 g beef stir-fry strips

3 tbsp sesame oil

280 g BBQ sauce

1 large red capsicum sliced

Method:

1. In a bowl, marinate the beef in the BBQ sauce for at least 2 hours.
2. When ready to cook, heat the oil in a wok or non-stick frying pan. Cook the beef in batches so as not to stew the meat.
3. When done, add all the meat back to the wok with the capsicum and toss, cooking for 1 to 2

minutes.