

# Scotch Beef Stir-fry

## Ingredients

- 300g sirloin Scotch Beef steak, trimmed of fat and sliced into thin strips
- 2 cloves garlic, finely chopped
- 2 tbsp groundnut oil
- 3 spring onions, diagonally sliced
- 1 red pepper cut into thin strips
- 80g tenderstem broccoli
- 1 large carrot cut into matchsticks
- 80g sugarsnap pea , sliced lengthwise
- 1 tbsp finely chopped ginger
- 1 tsp finely chopped red chilli
- 100g bean sprouts, rinsed and drained
- 100g chestnut or oyster mushrooms, sliced
- 3 tbsp light soy sauce and 3 tbsp water
- 1 extra tbsp groundnut oil
- 5 tbsp oyster sauce
- Plain boiled brown basmati rice to serve

