

Powerful Living: Mindset + Exercise + Recipes

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Stir Fried Beef With Ginger

FREE RECIPE FROM *POWERFUL LIVING: TAKE CONTROL, START TODAY* BY MICHELLE BRIDGES, STIR-FRIED BEEF WITH GINGER, PAGE 150.

I love stir-fries, as they are packed with lots of vegies and can be on the table in minutes – perfect for a weeknight dinner. Rump steak is a great source of lean red meat; just make sure you trim all the excess fat before cooking. Personally, I always look for grass-fed beef as it has much more flavour.

380 calories per serve (1590 kj)

SERVES: 2

PREP: 10 minutes

COOK: 10 minutes

1 teaspoon peanut oil
250g lean rump steak, thinly sliced
1 onion, thinly sliced
3cm piece ginger, peeled and cut into thin matchsticks
1/2 cup (80g) fresh corn kernels
1 bunch choy sum, trimmed and cut into 4 cm lengths
1/4 small red cabbage, trimmed and shredded
1 tablespoon low-sodium soy sauce
2 teaspoons oyster sauce



1. Heat half the oil in a wok on high. Stir-fry the steak for 2 minutes, or until browned. Remove from wok and set aside.
2. Heat the remaining oil in the same wok over high heat. Stir-fry the onion, ginger and corn for 2 minutes, or until golden. Add the choy sum and cabbage, and stir-fry for 1 minute, or until just wilted.
3. Return the beef to the wok along with the soy sauce and oyster sauce, and stir-fry until hot. Serve immediately.

TIP: When stir-frying always make sure you pre-chop all the ingredients, so they are ready to go straight into the wok.