

EASY GINGER BEEF AND SNAP PEAS

(Adapted from "Quick Prep Dinners")

Serves: 4

450 g	beef flank marinating steak
2 tsp	vegetable oil
1 Tbsp	grated fresh ginger
2 cups (227g/8oz)	sugar snap peas, trimmed
½	red pepper, sliced
½ cup	sodium-reduced beef broth
3 Tbsp	oyster sauce

1. Cut steak across the grain into ¼-inch (5 mm) thick slices; set aside.
2. In large nonstick skillet or wok, heat oil over medium-high heat; stir-fry ginger until fragrant, about 30 seconds. Add steak; stir-fry until no longer pink inside, about 2 minutes.
3. Add peas and pepper; stir-fry until warmed through, about 1 minute. Scrape into bowl.
4. In same skillet, add broth; bring to boil. Reduce heat and simmer until slightly reduced, about 2 minutes. Return beef mixture to skillet; stir in oyster sauce.
5. Enjoy!