



Ingredients

- 1 teaspoon Maggi Liquid Seasoning
- 1 tablespoon sunflower or vegetable oil
- 1 Medium red pepper
- 75 g spring onions, sliced
- 150 g chinese greens - such as cabbage or pak choi
- 250 g thin cut stir fry steak strips
- 2 tablespoons Honey
- 1 Clove garlic, crushed
- 0.5 level tablespoon Soy Sauce
- 100 g Brown Rice
- 5 g root ginger, finely grated
- 1 teaspoon Sesame Oil

Instructions

1. Deseed the peppers cut into strips and slice or roughly chop the Chinese greens or cabbage. Wash the spring onions and slice.
2. Heat half the oil in a non-stick frying pan and add the peppers, cabbage and spring onions and cook over a medium heat for a further 2-3 minutes. Tip the veg onto a plate, cover and keep warm.
3. Stir fry the beef for 2-3 minutes in the remaining oil over a high heat until slightly charred at the edges. Add garlic and ginger and fry for 1 minute before adding the soy sauce, Maggi Liquid seasoning and honey. Turn down the heat, stirring constantly to stop the honey catching. Add the sesame oil just at the end of the cooking time (if using). Return the vegetables to the pan, heat through for 1 minutes and serve with some hot noodles or rice.

Nutrition

Carbohydrate	26.75 g
Energy	380.38 kcal
Fat	18.47 g
Fibre	3.14 g
Protein	29.85 g
of which: saturates	4.78 g
Sodium	595.72 mg
of which: sugars	21.71 g

⌚ 20 Minutes

⊕ 2 portions