

Mongolian Beef

Ingredients

2 thinly sliced Steaks about 600-700gm
3 tablespoons cornflour
2 tablespoons vegetable oil divided
3 minced garlic cloves
1 tablespoon minced ginger
1/3 cup low sodium soy sauce
1/4 cup water
1/4 cup light brown sugar
1 brown onion roughly diced
1/2 red capsicum thinly sliced
1/2 green capsicum thinly sliced
salt and pepper to taste
Garnish 1 teaspoon toasted sesame seeds and parsley optional

Method

Season sliced steak with salt and pepper. Toss steak in corn-starch until fully and evenly coated. Set aside.

Place a large skillet over medium-high heat and add 1/2 tablespoon oil. Add garlic and ginger and sauté for 1 minute.

Add soy sauce, water and sugar and bring to a boil until sugar dissolves, about 2 minutes.

Pour sauce into a liquid measuring cup and set aside.

Place skillet back over heat and add 1/2 tablespoon oil

Add onion and capsicum stir until cooked through and set aside

Place skillet back over heat and add remaining oil.

Add steak and sear until evenly browned on both sides, 1 to 2 minutes per side.

Pour sauce back into skillet and stir together with beef.

Simmer and allow sauce to thicken, 1 to 2 minutes.

Toss in capsicum and onion and continue to cook for 1 more minute until sauce is thick enough to coat the back of a wooden spoon.

Pour Mongolian beef over steamed rice and serve.