

Fresh Vegetable StirFry with Peppery Orange Beef

Jacob · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

8

Description

Easy tasty stirfry recipe Delicious and fresh taste Passed down from my father Recipe may seem long but you can whip it up in no time Also feel free to use any vegetables that you like or add bamboo shoots or water chestnuts at the end of the recipe

Ingredients

- - 2 cups uncooked long grain white rice - 1 quart water - 1 tablespoon light sesame oil - 4 cloves garlic
- crushed - 5 tablespoons butter - 2 pounds flank steak
- cut into thin strips - salt to taste - 4 teaspoons red pepper flakes - 3 ½ tablespoons teriyaki sauce - 12 ounces fresh mushrooms
- sliced - 1 large sweet onion
- sliced - ½ head cabbage
- sliced into strips - 1 green bell pepper
- cut into strips - 1 red bell pepper
- cut into strips - 1 yellow bell pepper
- cut into strips - 1 teaspoon cornstarch - 1 tablespoon brown sugar - ½ cup beef broth - 2 tablespoons orange jam - 1 (5 ounce) can chow mein noodles - mustard powder to taste

Instructions

1. In a pot
2. bring the rice and water to a boil. Cover
3. reduce heat to low
4. and simmer 20 minutes. Heat the sesame oil in a skillet over medium heat
5. and cook 2 cloves garlic for 2 minutes
6. until tender. Melt the butter in the skillet. Season the beef with salt and 2 teaspoons red pepper flakes. Cook and stir the beef in the skillet 10 minutes
7. until evenly brown. Reserving pan drippings
8. transfer the cooked beef to a bowl
9. and coat with 3 tablespoons teriyaki sauce. Melt the remaining butter in a separate skillet over medium heat
10. and cook the remaining garlic 2 minutes
11. until tender. Remove garlic
12. and set aside. Stir the mushrooms and onions into the skillet
13. and cook until onions are tender. Mix in the cabbage
14. green bell pepper
15. red bell pepper
16. and yellow bell pepper. Cook 3 minutes
17. until tender but still crisp. Remove skillet from heat
18. and mix in remaining 1/2 tablespoon teriyaki sauce and 1/2 the reserved pan drippings. Heat the remaining pan drippings in the skillet over medium heat. Mix in the remaining red pepper flakes
19. teriyaki sauce from the beef bowl
20. the reserved garlic
21. cornstarch
22. brown sugar
23. beef broth
24. and orange jam. Cook 5 minutes
25. until thickened. Remove garlic
26. and stir in the beef to coat. Serve the beef and vegetables
27. along with some of the skillet juices
28. over the cooked rice. Top with chow mein noodles
29. and sprinkle with mustard powder.