

Asian Beef and Vegetable StirFry

Jacob · 29/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

4

Description

This Asian beef and vegetable stirfry is a delicious blend of savory flavors Use lean steak to make this meal a quick and healthy option for any day of the week

Ingredients

- - 1 pound boneless
- top sirloin steak
- 1-inch thick - 4 cups assorted fresh vegetables
- such as sugar snap peas
- broccoli florets
- bell peppers
- and carrot strips - 1 clove garlic
- minced - ½ cup prepared stir-fry sauce - ½ teaspoon red pepper flakes
- or to taste - 2 cups hot cooked rice - 2 tablespoons unsalted dry-roasted peanuts (Optional)

Instructions

1. Halve steak lengthwise
2. then cut crosswise into 1/4-inch-thick strips. Cook vegetables with 3 tablespoons water
3. covered
4. in a large nonstick skillet over medium-high heat until crisp-tender
5. about 4 minutes. Transfer vegetables to a bowl; drain any excess water. Set aside. Heat same skillet over medium-high heat until hot. Add 1/2 the steak and 1/2 the garlic; cook until outside surface of steak is no longer pink
6. 1 to 2 minutes. Transfer to a plate. Repeat with remaining steak and garlic. Return steak and vegetables to skillet. Add stir-fry sauce and red pepper flakes; heat through. Serve over hot rice; sprinkle with peanuts.