

# Beef Stir Fry

Serves 4

- 500g stir fry beef
- 2/3 cup barbequed stir fry sauce
- 2 tbs. Sesame oil
- 4-6 shallots

Mix stir fry sauce and meat together; allow to stand for 15 minutes. Heat oil in a wok or frying pan.

Stir-fry meat in batches for 1 minutes, or until cooked on the outside and medium on the inside.

Trim the shallots and cut into thin lengthwise strips.

Quickly stir-fry in wok. Serve meat on top of a salad ( even just shredded ice-berg lettuce is nice) and top with shallots and jus.

*Optional: This is delicious using just plain BBQ sauce if you don't have BBQ stir fry sauce.*



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