

# Beef



## Meat Cut

Rump, skirt.

## Buy

Bright red, little fat.

## Store

Store meat covered in the refrigerator.

## Prepare



Remove the visible fat and throw away.



Finely slice across the grain for stir-fry.



Cut into bite size pieces for stews.

## Cook

Can be:



Grilled



Stir-fried



Stewed



# Beef and broccoli stir-fry

(serves 4)

## Ingredients

500 grams lean beef, and cut into thin strips  
1 tablespoon chopped ginger  
3 cloves garlic, crushed  
2 tablespoons soy sauce  
½ tablespoon vinegar  
1 teaspoon oil  
1 onion, sliced  
2 carrots, finely sliced  
1 head broccoli, cut into small pieces  
½ tablespoon cornflour  
½ cup cold water

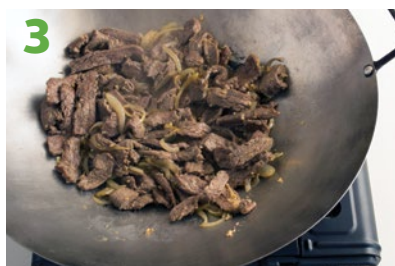
## Method



1 Mix the beef with the ginger, garlic, soy sauce and vinegar.



2 Heat the oil in a wok or large frying pan and stir-fry the onion until soft.



3 Add the beef and continue to cook until brown. Add carrots and broccoli, cook until tender.



4 Mix the cornflour and water together. Slowly add to the pan, stirring constantly until it thickens. Serve with brown rice.

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