

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.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes