

Stir-Fried Beef with Chinese Kale Recipe

Ingredients:

350 g Chinese kale (kai lan)
200 g beef sirloin
2 teaspoons cornstarch
2 teaspoons light soy sauce
3 tablespoons Chinese cooking wine
2 tablespoons vegetable oil
3 cloves garlic, crushed
1 tablespoon finely chopped ginger
2 tablespoons oyster sauce
1 tablespoon sesame oil
1 teaspoon black pepper
4 tablespoons water

Method:

Cut Chinese kale into 2 inches length, wash and drain well. Slice beef into thin strips and mix with cornstarch, light soy sauce, and half the Chinese cooking wine. Heat oil in a wok over high heat. Fry garlic and ginger until golden brown, about 1 minute, then add beef slices and stir-fry vigorously for 1 minute. Add Chinese kale and fry for 3 minutes. Add remaining wine and all other ingredients and stir-fry for 1 to 2 minutes more, or until juices are thickened and Chinese kale is crisp-tender. Serve immediately with steamed jasmine rice.

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