

Quick and easy



Steak and cashew stir-fry

Serves 1

1 tsp coconut oil

130g sirloin steak, trimmed of fat and cut into bite-sized pieces

½ small red onion, finely sliced

1 red chilli, finely chopped

15g ginger, peeled and grated

1 clove garlic, peeled and crushed

½ red pepper, deseeded and cut into chunks

40g baby sweetcorn, halved

65g broccoli, sliced

25g unsalted roasted cashew nuts

2 tsp oyster sauce

Method

Heat the oil in a wok over a high heat, add the beef and fry for 3–4 minutes until browned. Remove from the wok with a slotted spoon and transfer to a warm plate.

Add the onion, chilli, ginger and garlic to the pan and fry for a couple of minutes until softened. Add the remaining vegetables, fry for a couple of minutes then add a splash of water. Continue to cook for 2–3 minutes until the vegetables have softened slightly then return the beef to the pan. Pour in the nuts and oyster sauce, toss everything together to combine, then serve.

Alternative ingredients

To make this nut-free, swap the cashews for the same grams of seeds (e.g. sesame, sunflower).