

Beef and Boab leaf stir fry

Ingredients

500g lean beef (if using steak cut into strips, or use pre-cut strips)

500g / 4 cups of colourful mixed vegetables – can be either frozen, fresh, mixture of both.

Recommend carrot, zucchini, red cabbage, capsicum

50g / big bunch of young boab leaves, rinsed well and picked from stems

1 clove garlic, diced

1 thumb size ginger, diced

1 tblspn olive oil

1 tblspn soy sauce

1 tspn sesame oil

1 tblspn fish sauce

Juice of ½ a lemon

Sprinkle chilli flakes (optional)

½ cup fresh basil leaves (optional)

2 cups cooked rice / pasta / vermicelli noodles per person, for serving

Method

1. Boil the kettle. Place rinsed boab leaves in a large bowl. Once boiled pour boiling water over leaves and set aside for 10 minutes while prepping stir fry
2. Trim any fat from beef and cut into strips (if not already)
3. Using a separate cutting board to the beef, roughly chop any fresh vegetables and set aside.
4. Finely dice the ginger and garlic, and add to the set aside chopped vegetables.
5. Drain boab leaves and add to set aside chopped vegetables
6. Pre-heat a large fry pan on a medium heat, add olive oil.
7. Brown beef strips for 1 minute, then add vegetables, ginger, garlic and boab leaves.
8. Cook for 3-4 minutes until vegetables are tender
9. Add soy sauce, fish sauce, sesame oil, lemon juice, chilli flakes (optional) and basil leaves, and cook for another 1 minute
10. Serve on a bed of rice / pasta / vermicelli noodles

Serves 4

1 serve contains: 6.5mg iron, 1600kJ, 30g protein, 13g fat of which 4g are saturated fat, 25g carbohydrate of which 1g is sugars