



Pepper Steak Stir Fry



Ingredients:

- 1 TBLs vegetable oil divided use
- 1 red bell pepper cored, seeded and cut into strips
- 1 green bell pepper cored, seeded and cut into strips
- 1 ¼ pounds flank steak thinly sliced
- 2 tsps minced garlic
- 1 tsp minced ginger
- salt and pepper to taste
- ¼ cup soy sauce
- 1 ½ TBLs sugar
- 1 ½ TBLs cornstarch

Method:

1. Heat 1 teaspoon of the vegetable oil over medium high heat in a large pan.
2. Add the peppers and cook for 3-4 minutes or until just tender. Remove the peppers from the pan and place on a plate.
3. Add the remaining oil to the pan. Season the flank steak with salt and pepper to taste.
4. Increase heat to high. Add the steak to the pan and cook for 5-6 minutes or until lightly browned.
5. Add the garlic and ginger, then cook for 30 seconds.
6. Place the peppers back in the pan with the steak.
7. In a small bowl, whisk together the soy sauce, sugar, ¼ cup water and cornstarch.
8. Pour the sauce over the steak mixture and bring to a simmer. Cook for 2-3 minutes or until sauce has just thickened, then serve.