

Ginger beef and bean stir fry

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This beef stir fry can be thrown together in under 10 minutes. Serve with brown rice and garnish with spring onions.

Ingredients (serves 4)

- 250 g fresh or frozen edamame (soy beans)
- 1 tbsp peanut or macadamia [oil](#)
- 500 g lean rump [steak](#), thinly sliced across the grain
- 1 white onion, thinly sliced
- 3 cm piece ginger, peeled and cut into thin matchsticks
- 1 long red chilli, seeded and finely chopped
- 200 g snake beans, trimmed and sliced
- 1 red [capsicum](#), seeded and thinly sliced
- 2 tbsp oyster sauce
- 1 tbsp low-salt soy sauce
- 1 tbsp Chinese rice wine
- Steamed brown rice, to serve (optional)
- Spring onions (scallions), thinly sliced, to garnish (optional)

Method

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Cook edamame in a saucepan of boiling water for 1 minute. Refresh under cold running water. Drain. Remove beans from pods and set aside.

Heat half the oil in a large wok over high heat. Stir-fry the beef in two batches for 2 minutes or until golden. Remove from wok and set aside.

Return wok to high heat. Add the remaining oil and the onion and stir-fry for 2 minutes. Add the ginger and chilli and stir-fry for 30 seconds or until fragrant. Add snake beans, capsicum and 2 tablespoons water and stir-fry for 2 minutes or until vegetables are almost tender-crisp.

Return beef to the wok with the reserved edamame and the oyster sauce, soy sauce and rice wine, and stir-fry for 1 to 2 minutes or until heated through. Serve immediately on steamed brown rice, if desired, garnished with spring onions.

Recipe and images from *Super Legumes* by [Chrissy Freer](#)

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