



Serves: 4

Mushroom Beef & Cashew Stir-Fry

2 tbs salt reduced soy
1 tbs sweet chilli sauce
400g cup mushrooms,
thickly sliced
1/2 cup roasted unsalted
cashew nuts
2 tbs peanut oil
400g beef fillet or rump,
trimmed, thinly sliced
across the grain
1 medium red onion, halved,
thinly sliced
2 garlic cloves, crushed
1 bunch choy sum, leaves
separated & chopped,
stems chopped
1 red capsicum, quartered,
seeds removed, thinly
sliced
Steamed jasmine rice,
to serve

1. Combine the soy and chilli sauce in a large bowl. Add mushrooms and stir to coat. Cover and set aside for 15 minutes to absorb marinade if time permits.
2. Place cashews into wok and heat over high heat, tossing cashews until warmed through. Remove cashews to a plate. Add 2 tsp oil and swirl to coat wok. Add half the beef and stir-fry for 1 minute until sealed, remove to a plate, repeat with oil and remaining beef.
3. Add remaining oil to the hot wok with onion and garlic, stir-fry for 1-2 minutes until softened. Add the mushrooms and stir-fry for 3 minutes until almost tender. Add choy sum stems, stir-fry for a further 1 minute.
4. Add the capsicum and return the beef and any juices, stir-fry for 1-2 minutes, until beef is warmed through. Shred the choy sum leaves, add to the wok with cashews and stir-fry to combine. Remove from the heat and serve with steamed jasmine rice.