

## Chilli and Coconut Stir-Fry Beef

2 Tbsp oil  
500g beef schnitzel, chopped into strips  
2 tspn minced garlic  
1 tspn grated root ginger  
around 6 –8 cups chopped vegetables  
e.g. carrots, broccoli, onion, peppers, celery,  
mushrooms, cabbage, yams etc

### Sauce

¼ cup sweet chilli sauce  
½ cup light coconut cream  
¼ cup soya sauce  
2 Tbsp oyster sauce  
½ cup beef stock  
2 tspn cornflour

Heat 1 Tbsp oil in a non-stick fry pan. Add meat strips and stir fry until cooked. Heat up a wok with remaining oil. Add ginger, garlic and vegetables and stir-fry on high heat for about 5 minutes. Mix sauce ingredients together and add to the vegetables along with the meat. Stir over medium heat until the vegetables are heated through and the sauce is thickened. Serve with rice. Serves 4.

NB. Instead of beef schnitzel, you could use chicken breast or lean pork. For vegetarians you could substitute firm tofu, nuts or omelette strips.

### Health Habits:

- Using minimum oil to brown meat and vegetables. Ensuring this is a healthy oil such as canola or sunflower oil
- Using lean meat such as schnitzel, chicken breast or pork fillet
- Adding LOTS of vegetables and using lots of different coloured varieties. Different coloured vegetables contain different vitamins and antioxidants
- Using light coconut milk instead of coconut cream