

Orange Ginger Beef



PREP TIME : 10 MIN

COOK TIME : 20 MIN

SERVES : 2

Ingredients :

- **1 tbsp (15 mL) vegetable oil**
- **1/2 lb (250 g) flank steak, thinly sliced**
- **1 small white onion, chopped**
- **1/2 cup (125 mL) chopped green pepper**
- **1 pouch (160 mL) VH® Orange Ginger Stir-Fry Sauce**
- **1 cup (250 mL) steamed white rice**
- **2 tbsp (30 mL) sliced green onion**

Directions :

- 1. Heat oil in a medium skillet set over medium-high heat. Add beef and cook, turning, for 5 to 7 minutes or until browned all over. Transfer to a plate.**
- 2. Add onion and green pepper; cook, over medium heat, for 5 minutes or until softened. Add VH® Orange Ginger Stir-Fry Sauce; bring to a boil. Reduce heat to medium-low; return beef to skillet.**
- 3. Simmer for 3 to 5 minutes or until beef is cooked through. Serve over steamed white rice and sprinkle with green onion.**

Tips:

Substitute green pepper with broccolini, if desired.



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For spicy version, add sliced red Thai chilies.

Other Usage:

Brush on seared duck breast or duck confit.

Stir into steamed mussels or clams.

Toss with cooked chicken wings.