

Sesame Basil Beef Stir-fry

by Lisa Rodis

Ingredients:

3 tbsp. of canola oil
1 tsp. of sesame oil
3 tbsp. of oyster Sauce
1 clove of garlic minced/chopped
1 tsp. of freshly grated ginger
The juice of 1 small lime and zest
1 tbsp. of honey
2 tbsp. of dark mushroom soya sauce (you can use any kind of soya sauce)
1 tbsp. of cornstarch to thicken sauce
½ a cup of chicken broth
Black pepper to taste
½ tsp. of chilli flakes
½ a cup of fresh basil leaves
3 button mushrooms thinly sliced
2 scallions (green onions) chopped on a slant
1 carrot peeled and julienned
1 cup of snow peas
1 8oz beef top sirloin steak AA or higher
2 cups of vermicelli rice noodles

Method of Cooking:

In a bowl add oyster sauce, soya sauce, minced garlic, grated ginger, the zest and juice of 1 small lime, black pepper and honey....put to the side.....in a small bowl add the cornstarch with the broth and mix together.....pour into the soya sauce mixture.

Start to boil water for the rice noodles....Now, chop carrot, mushrooms, green onions clean the snow peas...set aside....start thinly slicing the steak

Heat the pan and add the canola oil/sesame oil...once heated add the beef strips and sear until cooked to medium rare or browned....do not overcook as once you add the sauce it will continue to finish cooking.....remove beef from skillet and add the mushrooms.....stir until all meat juices are absorbed and then add the rest of the vegetables (except green onions) and soy sauce mixture....stir until it thickens....add the beef back in with the rice noodles....mix all together then fold in the basil leaves and top with sesame seeds, green onions and chilli flakes.