



Veal stir-fry with red peppers

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2 people:

- 300 grams of veal/beef shoulder, cut into thin strips
- 2 cloves of garlic, finely diced
- 1 tablespoon of grated ginger
- 1 large (organic) red pepper, chopped
- 1 large (organic) onion, chopped
- sesame oil
- low-sodium soy sauce
- ground pepperoncino, or Tabasco sauce
- salt + pepper to taste
- steamed white rice

Instructions

A simple delicious dish for when you don't have a lot of time.

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1. Mix the ginger, garlic, 1-2 tablespoons sesame oil and veal/beef in a bowl so the meat is marinated. Leave to chill in the fridge for 10 minutes.
 2. Heat a frying pan and add 1-2 sesame oil when the frying pan surface is hot.
 3. Add the onions and fry these until the onions soften and become transparent.
 4. Add the marinated veal strips, along with the garlic and ginger into the sautéed onions in the pan. Cook over high heat and stir often until the meat browns.
 5. Add chopped pepper, a dash or two of the soy sauce, sprinkle with pepper and the ground pepperoncino/Tabasco sauce.
 6. Serve with steamed white rice.

I leave the salt out because usually the soy sauce already salts the dish.