



Pineapple Beef Stir Fry

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

200g beef steak chunks
300g tin of pineapple chunks
Half a cucumber, chopped
1 red pepper, chopped
2 spring onions, chopped
100ml hot beef stock
1 tbsp fresh ginger, grated
1 tbsp rice wine
1 tbsp honey
1 tbsp soy sauce
Dash of sesame oil

Sauce:

2 tbsp rice wine
1 tbsp sesame oil
Bit of cornflour

Instructions

1. Mix the sauce ingredients together, adding as much cornflour as needed to preferred thickness. Add the beef and leave to marinade for at least 15 minutes.
2. Fry the beef for a few minutes, then set aside.
3. Gently fry the vegetables, then pour in the stock, followed by the ginger, rice wine,

honey, soy sauce and sesame oil. Cook for another couple of minutes.

4. Stir in the pineapple then return the beef, mixing until everything is cooked through.

5. Serve with steamed rice or noodles.