



# BEEF STIR FRY

FROM THE LITTLE BOOK OF GLUTEN  
FREE RECIPES PUBLISHED BY  
BROMLEIGH HOUSE LTD

## Ingredients

450 g/16 oz sirloin steak, thinly sliced  
1 tbsp tamari sauce  
The juice of 1 orange  
2 1/2 cm / 1 in piece ginger, finely grated  
2 tbsp vegetable oil  
1 onion, finely chopped  
2 cloves garlic, crushed  
1 red bell pepper, seeds removed, cut into very thin strips  
1 yellow bell pepper, seeds removed, cut into very thin strips  
1 green bell pepper, seeds removed cut into very thin strips  
salt and pepper  
1 tsp cornflour

To serve: Boiled rice  
1/2 red bell pepper, seeds removed,  
To garnish: diced basil



## Method

1. Put steak in the bowl with tamari sauce, orange juice and ginger. Mix well, cover and leave to marinate for 30 minutes.
2. Heat oil in a wok or large frying pan. Drain the meat( reserving the marinade) cook quickly for 1 minute over high heat to seal.
3. Reduce heat a little. Add the onion, garlic and peppers and cook for a further 4-5 minutes, stirring constantly. Season to taste with salt and pepper.
4. Add the reserved marinade. Bring to a boil and cook for a further 2 minutes. If the sauce is too thin, add the corn flour mixed to a paste with a little water and boil for a further 1 minute.