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Sesame Steak Stir-Fry

Courtesy of Health Food Network Kitchen

PREP TIME: 20 min COOK TIME: 15 min TOTAL TIME: 35 min YIELDS: 4 servings

Ingredients:

2 tbsp	packed light brown sugar	1/2	head napa cabbage, cut into 1-inch-thick strips
2 tbsp	low-sodium soy sauce	1 cup	shredded carrots (about 2)
2 tsp	cornstarch	1 tbsp	minced peeled ginger
2 tbsp	toasted sesame oil	2	red jalapeno peppers, halved, seeded and thinly sliced
8 oz	top round steak, thinly sliced against the grain	3 cups	cooked white rice, for serving
2	bunches scallions, cut into 1-inch pieces		
1/2	English cucumber, quartered and cut into 1-inch pieces		

Directions:

Whisk the brown sugar, soy sauce, cornstarch, 2 tbsp water and 2 tsp sesame oil in a bowl. Add the steak and toss.

Heat a large skillet over high heat; add 2 tsp sesame oil. Add the scallions, cucumber and cabbage; stir-fry until the vegetables start softening, about 2 minutes. Add the carrots and 1/4 cup water; cook, stirring, until the water evaporates and the vegetables are tender, 2 to 3 minutes. Transfer to a bowl; wipe out the skillet.

Heat the remaining 2 tsp sesame oil in the skillet over medium-high heat. Add the ginger and jalapenos; stir-fry 30 seconds. Transfer the steak to the skillet using a slotted spoon; stir-fry until browned, 2 to 3 minutes.

Add the steak marinade back to the skillet and cook, stirring, until thick, about 2 minutes. Return the vegetables to the skillet and heat through. Serve over rice.

