



Leichhardt One Mile Community Centre

# LOMCC'S CHEAP MEAL SERIES RECIPE BOOK





\*Some of the items can be found here in the food donations

**Prep Time: 10mins**  
**Cook Time: 15mins**  
**Servings: 4**

## CREAMY GARLIC CHICKEN

### INGREDIENTS

- 2 large chicken breasts.
- salt & pepper 2 tsp olive oil
- 6 garlic cloves, crushed
- 2 Tbsp unsalted butter
- 1/2 cup chicken stock
- 1 Tbsp dried Italian herbs
- 300ml thickened cream
- 1/3 cup grated parmesan

### TO SERVE

- 1 Tbsp finely chopped parsley
- mashed potato & steamed green beans

### METHOD

#### Prep:

- If serving with mashed potato & beans, trim and wash the beans, start prepping the potatoes and once they're cooking in the pot, start prepping the chicken
- Slice the chicken breasts in half, horizontally, season with salt & pepper
- Crush the garlic cloves, grate parmesan and finely chop parsley

#### Cook:

1. Heat oil in a large frypan over medium high heat and cook the 4 chicken breast pieces or about 4 minutes on each side or until golden brown and cooked through then transfer from the pan to a plate and set aside
2. Turn heat down to medium low and give the pan a quick wipe with paper towel if there is excess oil

3. Add butter and once melted add crushed garlic and cook, stirring for 1 minute

4. Add in the chicken stock and Italian herbs then bring to a gentle simmer. Add cream, parmesan and stir until melted

5. Place the chicken back into the pan and simmer for another couple of minutes or until sauce thickens a little. Taste and season with salt & pepper to taste,



## CURRIED SAUSAGE PASTA

### INGREDIENTS

- 2 tsp extra virgin olive oil
- 600g beef sausages
- 375g Zafarelli penne rigati
- 1 zucchini, halved horizontally and sliced
- 1 cup frozen peas
- 285g Keen's meal base curried sausages

### TO SERVE

- 1/4 finely chopped parsley

**Cook Time: 20mins**

**Servings: 4**

### METHOD

#### Cook:

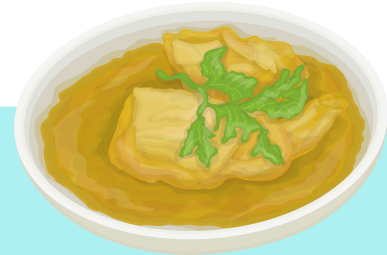
1. Heat oil in a large fry pan over medium heat. Cook sausages for 12-15mins, turning occasionally until browned and cooked through. Slice into bite sized pieces and place on the side
2. Cook pasta according to packet instructions. Drain, reserving 1/4 cup cooking liquid
3. Return the fry pan to medium heat. Add zucchini and cook for 5 mins until golden and softened.
4. Return sausages to pan and add peas. Stir in the sauce. Bring to a simmer. Add pasta cooking liquid. Toss to combine. Sprinkle with parsley. Season with pepper. Serve.

#### Cook:

1. Break up hot chicken or dice and cook chicken breast in a large fry pan over medium to high heat for 6 mins or until golden brown. Set aside once cooked.
2. In the same fry pan cook onion, garlic and carrots
3. Add in tomato paste ensuring it is mixed through
4. Once combined, add in flour & curry powder, mix to combine
5. Add stock and turn down to medium heat
6. Add pinch of brown sugar, salt & pepper then coconut milk
7. Allow mixture to simmer for 10mins then add in frozen peas
8. Add in cooked chicken
9. Add salt & pepper to taste

**Cook Time: 20mins**

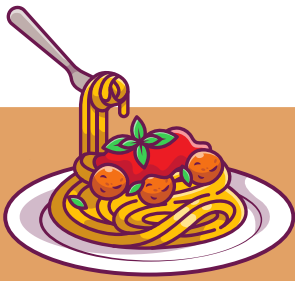
**Servings: 4**



## CURRY CHICKEN

### INGREDIENTS

- BBQ chicken OR 2 chicken breasts
- 1 large brown onion
- 2 carrots
- 1 cup frozen peas
- 2 tbsp minced garlic
- 2 tbsp tomato paste
- 2 tbsp curry powder
- 2 tbsp flour (any)
- 2 cups chicken stock
- 400g coconut milk
- pinch of brown sugar
- salt & pepper to taste



## BBQ MEATBALLS

### INGREDIENTS

#### Meatballs

- 500G beef mince
- 3/4 cup panko breadcrumbs
- 1/4 cup milk
- 1 egg
- 2 Tbsp grated red onion
- 2 Tbsp finely chopped parsley
- 1 garlic clove, crushed
- 1/2 tsp salt
- 1/4 tsp pepper

#### Sauce

- 1/2 cup tomato sauce
- 1/4 cup BBQ sauce
- 1 Tbs worcestershire sauce
- 1/4 cup brown sugar
- 1/4 cup water
- 1 small garlic clove, crushed
- 1/4 tsp salt
- pinch of black pepper

**PrepTime: 15mins**

**Cook Time: 30-40mins**

**Servings: 4 (makes approx 20 meatballs)**

### METHOD

#### Prep:

- Preheat oven to 160 Celsius and line a large baking tray with baking paper
- Grate the onion, crush the garlic and chop the parsley
- Add the breadcrumbs, milk and eggs to a large mixing bowl and stir well until breadcrumbs have soaked up the liquid
- Add the rest of the meatball ingredients and use your hands to mix though, ensuring it is all mixed together;
- Roll the meatballs into evenly sized balls and place them evenly on the lined baking tray

#### Cook:

1. Pop the tray on a rack in the middle of the oven and bake for 30-40 mins (dependant on size) or until cooked through. Don't worry if they're not browned all over.
2. About 20 mins into baking time, start on the sauce. Add all of the ingredients into a medium-large frypan over medium heat on the stovetop and stir together. Once it starts simmering, turn it down to low, stirring occasionally and let it cook for a few mins then turn the heat off.

3. Taste the sauce and season with extra salt, pepper or sugar to suit your taste. It will taste a bit intense but once its covering the meatballs it works!

4. When the meatballs are ready, add them into the pan and stir through the sauce gently until they're well covered. If the sauce has cooled, pop them back on heat for a couple of mins, choose your sides and you're done! YUM!



## ONE POT BEEF PASTA

### INGREDIENTS

- 1 pkt maggi honey soy stir fry
- 2 pkts 2 minute noodles chicken
- 500g chicken breast, thinly sliced
- 1 tbs vegetable oil
- 2 spring onion
- 2 cups broccoli florets
- 1 capsicum, sliced

**PrepTime: 5mins**

**Cook Time: 15 mins**

**Servings: 4**

### METHOD

#### Cook:

1. Combine chicken maggi honey soy infusion paste in a medium bowl and set aside.
2. Cook 2 minute noodles following packet instructions
3. Heat a large frying pan over high heat, add oil and chicken, cook for 5 mins or until chicken is cooked through. Add vegetables to pan, stir through and cook for 3 minutes or until vegetables are tender.
4. Add reserved Maggi 2 min noodles and Maggi honey soy finishing sauce, cook for a further 2 mins or until heated through.



## COTTAGE PIE

### INGREDIENTS

- 500g mince
- 1 brown onion
- 2 carrots
- 1.5kg potatoes
- 1 can peas & corn
- 1 pkt shepherds pie recipe base
- 2 cubes beef stock
- 1 heaped tbsp minced garlic
- 1 tbsp tomato paste
- 250g block cheese, grated
- Salt & pepper to taste

### TO SERVE - Mashed Potato

- heaped tbsp butter
- 1/4-1/2 cup milk - add gradually

### METHOD

#### Prep:

- Preheat oven to 200 degrees Celsius
- Peel & dice potatoes, add to pot of water & bring to boil - add salt
- Peel carrots & dice
- Dice brown onion
- Grate cheese & set aside

#### Cook:

1. Heat oil in a large frypan over medium high heat and cook diced onion
2. Add garlic and continue to cook
3. Add carrot and wait for them to start to soften
4. Add mince, break apart and wait for it to brown
5. Throw in beef stock cubes & tomato paste, mix through and allow to simmer
6. Add recipe base, fill packet with water & add to pan, fill half way again & add
7. Mix through and allow to simmer on low heat
8. Drain can of peas & corn and add to pan
9. Turn off heat & add meat mix to your prepared oven proof dish
10. Drain potatoes & add milk & butter - mash
11. Add mashed potatoes to the top of the meat mix in dish, spreading over the top flat
12. Top with grated cheese & bake in the oven for 20-25 minutes until cheese has melted

PrepTime: 5mins  
Cook Time: 35mins  
Servings: 4

PrepTime: 5mins  
Cook Time: 25mins  
Servings: 4

### METHOD

#### Prep:

- Peel and dice potato & carrot
- Finely chop onion
- Thinly slice celery
- Set aside

#### Cook:

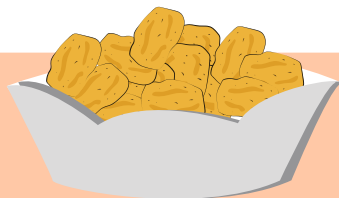
1. Heat oil in saucepan over medium high heat until hot.
2. Add onion and cook, stirring often for 3 minutes
3. Add celery, carrot and potato, cook stirring often for 5 minutes
4. Add stock, cover and bring to the boil. Reduce heat, cover and simmer for 15 minutes
5. Add chicken and pasta, partially cover and cook for 8-10 minutes or until pasta is tender
6. Stir through parsley. Season to taste. Serve  
You can serve with some nice crispy toast!



## CHICKEN NOODLE SOUP

### INGREDIENTS

- 2 tbsp olive oil
- 1 onion, chopped
- 1 carrot, diced
- 1 stick celery, thinly sliced
- 1 potato
- 6 cups chicken stock
- 300g chicken breast, diced
- 50g spaghetti, broken into 5cm pieces
- 2 tbsp chopped parsley



## TATER TOT CASSEROLE

### INGREDIENTS

- 1 pkt frozen potato gems
- 1 brown onion
- 2 carrots
- 500g beef mince
- 1 can condensed cream of mushroom soup
- 250g block cheese, grated
- Salt & pepper to taste

### METHOD

#### Prep:

- Preheat oven to 200 degrees Celsius
- Peel carrots & dice
- Dice brown onion
- Grate cheese & set aside

#### Cook:

1. Heat oil in a large frypan over medium high heat and cook diced onion
2. Add carrot and wait for them to start to soften
3. Add mince, break apart and wait for it to brown
4. Turn down heat and add can of condensed cream of mushroom soup
5. Cook for 5 mins

6. Place mince in oven proof dish then add the potato gems in a single layer on top of mince

7. Add cheese on top of the potato gems

8. Place in oven and cook for approx 20mins or until gems are golden brown and cheese has melted

PrepTime: 5mins

Cook Time: 25mins

Servings: 4

### METHOD

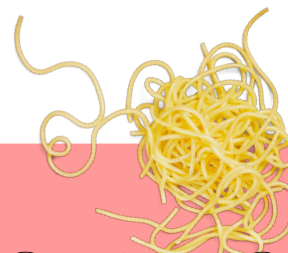
#### Cook:

1. Heat oil and butter in large, deep fry pan over medium high heat
2. Add onion and bacon
3. Cook, stirring occasionally for 5 mins or until onion softens
4. Place 2 tbsp onion mixture aside, cover to keep warm
5. Add flour and 2 of the chicken flavour sachets from noodle packets to pan. Cook, stirring for 1 minute
6. Reduce heat to medium
7. Gradually stir in milk and 2 cups water. Bring to a simmer
8. Add noodles and cook for 2 mins. Stirring occasionally to break up noodles
9. Add peas and cheese cook for further 1 to 2 mins or until peas are bright green and tender.
10. Add parsley and lemon zest to onion mixture left aside. Season with salt & pepper. Toss to combine.
11. Remove noodles from heat. Sprinkle with onion mixture and serve

PrepTime: 10mins

Cook Time: 10mins

Servings: 4



## EASY CHEESY 2 MINUTE NOODLES

### INGREDIENTS

- 1 tbsp extra virgin olive oil
- 20g butter
- 1 brown onion
- 2 cups milk
- 2 cups water
- 1 cup grated cheese
- 4 middle bacon rashers, trimmed & roughly chopped
- 1 tbsp plain flour
- 1 cup frozen peas
- 4 pkts 75g 2 min noodles
- 1/4 cup fresh flat leaf parsley - chopped
- 1 tsp lemon zest



## FRIED RICE

### INGREDIENTS

- 1 cup rice
- 2 tsp vegetable oil
- 2 eggs
- 2 bacon rashers
- 1 carrot
- 2 shallots
- 1/2 cup frozen peas
- 1 tbsp soy sauce

### METHOD

#### Prep:

- Preheat oven to 200 degrees Celsius
- Peel carrots & dice
- Dice brown onion
- Grate cheese & set aside

#### Cook:

1. Heat oil in a large frypan over medium high heat and cook diced onion
2. Add carrot and wait for them to start to soften
3. Add mince, break apart and wait for it to brown
4. Turn down heat and add can of condensed cream of mushroom soup
5. Cook for 5 mins
6. Place mince in oven proof dish then add the potato gems in a single layer on top of mince

7. Add cheese on top of the potato gems

8. Place in oven and cook for approx 20mins or until gems are golden brown and cheese has melted

PrepTime: 5mins  
Cook Time: 25mins  
Servings: 4

### METHOD

#### Cook:

1. Fill a large, deep frying pan with water until two-thirds full. Bring to the boil over medium-high heat. Add pasta and cook for 7 minutes or until tender. Drain, keeping 1/2 cup pasta water
2. In a separate bowl, whisk cream, two thirds of parmesan and egg yolks in a small bowl
3. Heat oil in same frying pan over medium-high heat. Cook bacon for 5 minutes, stirring, or until browned.
4. Add peas and cook for 1 minute or until peas are tender
5. Remove pan from heat. Add pasta, cream mixture and reserved cooking liquid, tossing until pasta is coated. Served topped with remaining parmesan. Season well with pepper.

PrepTime: 5mins  
Cook Time: 20mins  
Servings: 4



## ONE PAN CARBONARA

### INGREDIENTS

- 250g pappardelle
- 3/4 cup cooking cream
- 100g parmesan, finely grated
- 3 egg yolks
- 250g middle bacon rashers, trimmed, roughly chopped
- 2/3 cup frozen peas

**PrepTime: 5mins**  
**Cook Time: 20 mins**  
**Servings: 4**

## METHOD

### Cook:

1. Place sauce and 2 cups water in large heavy-based saucepan over medium-high heat. Bring to the boil
2. Add pasta. Reduce heat to medium and simmer, stirring occasionally for 12 minutes or until pasta is tender and sauce has thickened
3. Add tuna and gently stir to combine. Season with salt and pepper. Serve!



## ONE POT TUNA PASTA

### INGREDIENTS

- 190g Tuna in olive oil,, flaked
- 400g dried spiral pasta
- 2 x 500g red wine & italian herbs tomato pasta sauce



## CURRIED SAUSAGE POT PIES

### INGREDIENTS

- 1 1/2 cup frozen mixed veggies
- 500g Masterfoods curried sausages simmer sauce
- 1 1/4 tbs extra virgin olive oil
- 600g beef sausages
- 475g classic potato mash

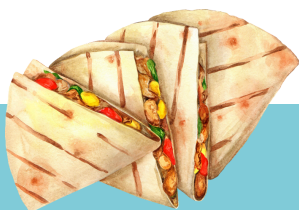
4. Preheat oven grill on medium-high. Spoon sausage mixture among 4 single serve oven proof dishes, then top with spoonful of mash. Top with cheese if desired. Grill for 5 minutes or until golden. Serve.

**PrepTime: 5mins**  
**Cook Time: 15 mins**  
**Servings: 4**

## METHOD

### Cook:

1. Heat oil in large frying pan over medium-high heat. Cook sausages, turning for 5 minutes or until browned. Transfer to chopping board and thinly slice sausages
2. Add sauce and vegetables to pan. Reduce heat to medium, then simmer for 5 minutes or until sauce slightly thickens
3. Heat mash potato according to packet instructions. Add sausage to sauce, stirring to combine



## CAJUN BEEF QUESADILLA

### INGREDIENTS

- 2 tbs vegetable oil
- 500g beef stir-fry strips
- 1 tbs Cajun seasoning
- 8 flour tortillas
- 2 cups grated cheese

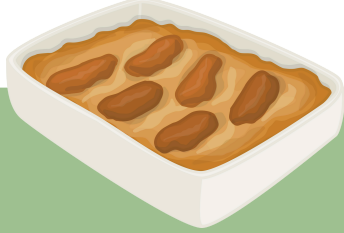
## METHOD

### Cook:

**PrepTime: 5mins**  
**Cook Time: 15 mins**  
**Servings: 4**

1. Heat half the oil in a large non-stick frying pan over medium-high heat. Add beef. Cook, stirring for 2 minutes or until browned. Add Cajun seasoning. Cook, stirring for 1 minute or until beef is cooked and fragrant. Transfer to bowl. Wash and dry frying pan.
2. Place frying pan back on medium-high heat. Place one tortilla in pan. Top with 1/4 cup cheese and 1/4 of the beef mixture. Sprinkle with another 1/4 cup of cheese. Top with a second tortilla. Cook for 2 minutes.

3. Turn over the quesadilla. Cook for a further 1 minute or until cooked and golden. Transfer to chopping board,
4. Repeat to make 4 quesadillas in total. Cut quesadillas into quarters. Serve.



## ONE-TRAY SAUSAGE BAKE

### INGREDIENTS

- 8 tsp oil (for greasing)
- 500g pork sausages
- 500g roast mixed vegetables with garlic & rosemary
- 400g Italian diced tomatoes
- 4 cloves garlic
- 1/2 cup risoni
- 1/2 cup chicken stock

**PrepTime: 5mins**  
**Cook Time: 45 mins**  
**Servings: 4**

### METHOD

#### Prep:

- Preheat oven to 180 degrees Celsius
- Lightly grease a casserole dish

#### Cook:

1. Add sausages and vegetables to casserole dish. Bake for 30 minutes or until sausages are browned
2. too through tomatoes, risoni, crush garlic and chicken stock and turn over sausages. Season to taste.
3. Return to oven and bake for 15-20 minutes or until sausages are well browned and vegetables and risoni are tender.
4. Serve with Sourdough.

### METHOD

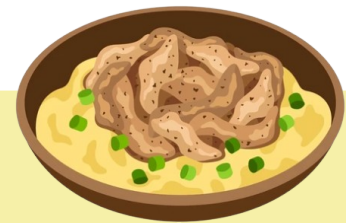
**PrepTime: 10mins**  
**Cook Time: 20 mins**  
**Servings: 4**

#### Prep:

- Peel potatoes & chop

#### Cook:

1. Cook potatoes in large saucepan of boiling water for 15 minutes or until tender. Drain. Add butter and mash until smooth
2. Heat oil in large frying pan over high heat. Cook beef for 3 minutes or until beginning to brown. Add sauce and cook for a further 2 minutes or until thickened slightly. Season with freshly cracked pepper.
3. Bring a medium saucepan of water to the boil. Cook beans for 2 minutes. Drain.
4. Divide mashed potato among plates. Spoon over beef stroganoff. Add beans and sprinkle with parsley. Serve.



## SIMPLE STROGANOFF

### INGREDIENTS

- 3 potatoes
- 20g unsalted butter
- 2 tsp extra virgin olive oil
- 500g beef stir fry
- 200g mushroom sauce
- 250g frozen sliced beans
- 1/4 bunch parsley, chopped (optional)

**PrepTime: 5mins**  
**Cook Time: 15 mins**  
**Servings: 4**

### METHOD

#### Cook:

1. Combine chicken maggi honey soy infusion paste in a medium bowl and set aside.
2. Cook 2 minute noodles following packet instructions
3. Heat a large frying pan over high heat, add oil and chicken, cook for 5 mins or until chicken is cooked through. Add vegetables to pan, stir through and cook for 3 minutes or until vegetables are tender.
4. Add reserved Maggi 2 min noodles and Maggi honey soy finishing sauce, cook for a further 2 mins or until heated through.



## HONEY SOY CHICKEN NOODLE

### INGREDIENTS

- 1 pkt maggi honey soy stir fry
- 2 pkts 2 minute noodles chicken
- 500g chicken breast, thinly sliced
- 1 tbs vegetable oil
- 2 spring onion
- 2 cups brocolli florets
- 1 capsicum, sliced



**Prep Time: 10mins**  
**Cook Time: 1hr 5mins**  
**Servings: 4**

## SATAY CHICKEN RICE TRAY BAKE

### INGREDIENTS

- 4 small chicken breasts
- 500g Satay simmer sauce
- 165ml can coconut milk
- 1 cup long grain rice
- 40g unsalted butter
- 200g broccoli
- 1 red onion
- 1 carrot

### METHOD

#### Prep:

- Preheat oven to 180 degrees Celsius
- Cut onion into thick wedges, put aside
- Peel and half carrots, then slice diagonally
- Combine chicken and 125ml satay sauce in a large bowl, set aside

#### Cook:

1. Combine coconut milk, remaining simmer sauce and 125ml water in a jug.
2. Spread rice evenly over the base of a large roasting pan. Pour over the coconut mixture. Cover the dish with foil and bake for 40 minutes
3. Drizzle 125ml water over the rice in the pan, then use a fork to fluff the rice. Make 4 indents on the surface. Place the chicken in the indents. Recover pan with foil and bake for 15 minutes
4. Meanwhile, melt the spread in a large frying pan over medium heat. Add the broccoli, onion and carrot. Cook, stirring for 5 minutes or until starting to soften.
5. Arrange veggies around the chicken in the pan. Bake for further 10 minutes, then serve.

**Prep Time: 10mins**  
**Cook Time: 40mins**  
**Servings: 4**

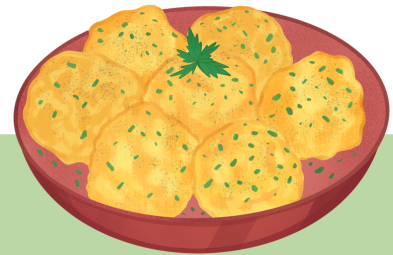
### METHOD

#### Prep:

- Preheat oven to 200 degrees Celsius
- Finely cut onion
- Peel and finely cut carrots
- Peel and dice potatoes

#### Cook:

1. Heat the oil in a deep ovenproof frying pan over medium-high heat. Add the celery, carrot and onion. Cook, stirring often, for 5 minutes or until soft. Transfer to a heatproof bowl.
2. Increase heat to high and add the beef. Cook, stirring with a wooden spoon to break up lumps, for 5 minutes or until browned.
3. Add the vegetable mixture, potato, gravy powder, and tomato paste. Stir until well combined.
4. Add 250ml water and the Worcestershire, stirring until the mixture comes to the boil.
5. Reduce the heat to medium. Cover and simmer, stirring occasionally for 15 minutes or until the potato is tender. Stir in the peas.
6. Top the mince mixture with the garlic bread slices, slightly overlapping around the edge of the pan. Sprinkle with cheese. Bake for 15 minutes or until melted and golden.



## GARLIC BREAD SAVOURY MINCE

### INGREDIENTS

- 1 tbsp olive oil
- 2 carrots
- 1 brown onion
- 500g beef mince
- 200g potatoes
- 2 tbsp traditional gravy
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 1 cup frozen peas
- 270g garlic bread slices, halved
- 1 cup cheese



## TACO SPAGHETTI

### INGREDIENTS

- 1 tbs olive oil
- 500g ground beef
- 1/2 cup diced onion
- 4 1/2 tbs taco seasoning
- 285g canned diced tomatoes
- 225g spaghetti noodles
- 3 cups water
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded cheddar cheese
- 1 roma tomato, diced

### METHOD

#### Cook:

1. Heat the olive oil in a large pot over medium-high heat. Add the mince, onion and taco seasoning. Cook, breaking up the beef with a wooden spoon, until the meat is browned. Stir in the tomato paste and canned diced tomatoes.
2. Add the spaghetti and water. Bring to a boil, then cover, reduce the heat to medium-low, and simmer until the pasta is cooked through (approx 15 mins)
3. Remove the pot from the heat and add the cheese & diced tomato. Stir until the cheese is melted. Serve.

PrepTime: 5mins  
Cook Time: 30mins  
Servings: 4

### METHOD

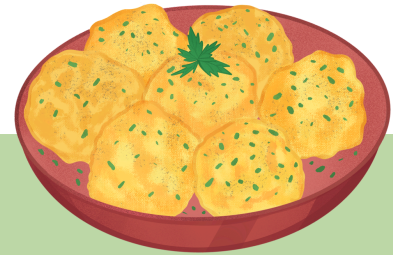
#### Prep:

- Slice onion
- Mince garlic
- Split and half baguettes
- Grate mozzarella (if needed)

PrepTime: 10mins  
Cook Time: 40mins  
Servings: 4

#### Cook:

1. Heat the oil in a large pan on medium high heat and cook the meatballs, stirring often, for 6-8 minutes until browned all over
2. Add the onion, garlic and oregano to the pan and cook for 3-4 mins. Pour over the chopped tomatoes, reduce the heat and simmer for 10 mins
3. Spoon the meatballs and sauce into the baguettes and sprinkle the cheese on top.
4. Place on baking tray and under a hot grill for 2-3 mins until the cheese has melted. Serve.



## CHEESY MEATBALL SUBS

### INGREDIENTS

- 2 tbs olive oil
- 12 beef meatballs
- 1 onion
- 2 garlic cloves
- 1 tsp oregano
- 400g chopped tomatoes
- 2 baguettes
- 150g mozzarella



## SAUSAGE ROLLS

### INGREDIENTS

- 1/2 cup carrot grated
- 2/3 bunch parsley (save 2 tbs for later)
- 1/2 cup zucchini grated
- 5ml virgin olive oil spray
- 1 tps paprika
- 140g tomato paste
- 8 sheets filo pastry
- 260g beef mince
- 1tsp olive oil
- 1 clove garlic, crushed
- 120g light tasty cheese, grated

### METHOD

#### Prep:

- Preheat oven to 200 degrees.
- Line baking tray with baking paper

#### Cook:

1. Combine mince, carrot, zucchini, 1/2 tomato paste, parsley, paprika and cheese in a large bowl. Add pepper to taste.
2. Place a double layer of filo pastry on baking paper, and spread 1/4 of mince mixture along the short edge. Spray with oil and roll up into a log. Repeat with remaining filo pastry and mince
3. Cut logs into small pieces, about 3cm each. Place on prepared tray and spray tops lightly with oil. Bake for 20 mins or until golden and cooked through.

4. Meanwhile, heat oil in a small saucepan over medium heat. Add garlic and sauté for 1 minute. Add remaining tomato paste and cook, stirring for 1 minute.

Add 1/4 cup water and remaining parsley and stir to combine. Season with pepper and serve with sausage rolls - can also add a side salad.

PrepTime: 10mins

Cook Time: 1hr 5mins

Servings: 4

PrepTime: 10mins

Cook Time: 40mins

Servings: 4



## BEEF & BLACK BEAN STIR FRY

### INGREDIENTS

- 500g sirloin steak, trimmed and thinly sliced
- 2 tbs canola oil
- 1 tbs cornflour
- 1 onion
- 2 capsicums
- 5cm ginger, peeled and grated
- 1 medium red chilli, sliced
- 2 garlic cloves, peeled and crushed
- 100g broccoli, chopped
- 6 tbs black bean sauce
- 1 tbs rice wine vinegar
- 2 tbs honey

### METHOD

#### Cook:

1. Toss the sliced steak in cornflour and heat the oil in a large wok over a high heat. Add the steak strips and cook for 3 minutes until browned. Removed from the wok and set aside
2. Add the onion, capsicums and broccoli to the pan and cook for 5-6 minutes until softened, then add the garlic, ginger and red chilli and cook for 2 minutes.
3. Place the steak back in the pan and pour over the black bean sauce, vinegar and honey. Loosen with a tablespoon of water and simmer for 1 minute
4. Serve with your choice of rice or noodles.