

# #LetsCook30

## RAINBOW STIR-FRY

**Serves:** 4

3/4 – 1 lb

2 tbsp

1 tbsp

2 cloves

1 tbsp

1/4 tsp

1 each

1 bunch

2 tbsp

1/4 cup

2 tbsp

1 tsp

1/4 cup

**Ready in about:** 30 minutes

beef (use round or sirloin), thinly sliced

soy sauce

corn starch

garlic, minced

ginger, minced

Chinese five-spice powder or pinch of cinnamon

sweet red and yellow pepper

broccoli

vegetable oil

beef broth

hoisin sauce

sesame oil

chopped fresh cilantro (optional)

### Nutrition Tips

To reduce the salt in this recipe, we used:

- Reduced sodium soy sauce
- Reduced sodium beef broth

### INSTRUCTIONS:

1. In medium sized bowl, toss together thinly sliced beef, soy sauce, cornstarch, garlic, ginger and five-spice powder, let stand for 10 minutes.
2. Slice peppers into strips and cut broccoli into bite size florets.
3. In large frying pan, heat vegetable oil over high heat; stir fry beef mixture until browned, about 1 minute. Transfer to plate.
4. Add peppers and broccoli to pan; add two tbsp of water and toss. Cover and steam until vegetables are tender crisp, about three minutes.
5. Return beef and accumulated juices to pan. Stir in broth, hoisin sauce and sesame oil; simmer until thickened and glossy, about 1 minute. Sprinkle with cilantro if using.

Adapted from: Rainbow Stir-fry. Toronto Star. 2004

### PUBLIC HEALTH

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