



stir fry indonesian spiced steak strips

fry



cooking time: 5 minutes

method

Pre heat a wok or deep sided frying pan over high heat until smoking hot.

Add a tablespoon of peanut or rapeseed oil.

Carefully add the vegetables & stir fry for one minute then set aside.

Add another splash of oil into same pan, when smoking hot add the strips of meat & stir fry for 1 to 2 minutes then add the vegetables back to the pan, toss together & serve.

serving suggestions

Serve with freshly steamed rice, a squeeze of lime & fresh coriander.

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

for best results, fry this cut

Core Temperatures	Out of the Oven	After Resting
Rare	48-50°C	52-54°C
Medium Rare	52-54°C	56-58°C
Medium	56-58°C	60-62°C
Well Done	65-68°C	70-75°C



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