

# Beef, pineapple & ginger stir fry

## INGREDIENTS:

400g rump steak, thinly sliced  
3tbsp soy sauce  
2tbsp soft brown sugar  
1tbsp chilli sauce  
1tbsp rice wine vinegar  
2tbsp vegetable oil  
Thumb-sized piece of ginger cut into matchsticks  
4 spring onions cut into 3cm lengths  
200/7oz pineapple cut into chunks  
Handful coriander leaves, to serve  
Rice & greens to serve (optional)

## METHOD:

Mix the steak, soy sauce, sugar, chilli sauce and vinegar together, and set aside for 10 mins.  
Heat a wok with 1 tsp of the oil. Lift the steak from the marinade and sear, in batches, then remove.  
Add a bit more oil and fry the ginger until golden.  
Add the spring onions and pineapple and return the steak to the pan.  
Stir to heat through for 1 min, then add any remaining marinade.  
Keep stirring until the marinade becomes thick and everything is hot.  
Serve sprinkled with coriander, and with rice and greens, or noodles, if you like.

*This recipe was taken from Jennifer Joyce on the BBC Good Food Guide and was Tried & Tested for us by Lorna Wilson. Lorna and her family organised a virtual dinner party as they couldn't get together due to coronavirus. Lorna chose to serve it with noodles rather than rice.*

