



1.5 pounds flank steak cut into strips
3 scallions – chopped
4 garlic cloves – minced
1 -1inch piece ginger – minced
½ red bell pepper – sliced
8 snow peas – julienned
3 medium carrots – cut into thin sticks
1 head baby broccoli – cut into thin slices
Pinch red chili pepper flakes
¼ cup soy sauce
¼ cup dry sherry
Peanut oil
Black pepper

- Heat a large skillet or wok with 2 TBS peanut oil until very hot.
- Season the beef with black pepper. Cook the beef in the very hot pan. If the meat renders liquid, get rid of it. Set cooked beef aside.
- Wipe skillet and add 1 TBS peanut oil. Heat until very hot.
- Add the chopped scallion, garlic and ginger. Cook, stirring constantly, for 2 to 3 minutes.
- Add the bell peppers, snow peas, carrots and broccoli. Cook, stirring often, until vegetables are cooked but crisp – about 4 minutes.
- Return the beef to the pan. Mix well.
- Add the red chili pepper flakes. Mix well.
- Add the soy sauce and sherry – mix well and cook for another couple of minutes.
- Remove from heat and serve with rice.
- Enjoy!