

## Beef Stir Fry

3/4 pound (375 grams) skirt or flank steak (you can substitute with chicken if you want)  
2 tablespoons cornstarch  
1/3 cup soy sauce  
2 tablespoons rice vinegar or apple cider vinegar  
6 to 7 drops of sesame oil  
1 tablespoon brown sugar (optional)  
1 tablespoon minced ginger  
4 large garlic cloves, minced  
2 scallions — chopped (white, light green and dark green) or 3 tablespoons chopped onion of your choice  
1/2 jalapeño — finely chopped (optional)  
2 celery stalks — threaded and cut in diagonal  
10 asparagus stalks — cut hard bottom part off  
6 broccolini stalks with florets  
2 carrots — peeled and julienne  
Salt & Pepper  
Peanut or avocado oil

Trim beef off all fat and cut into strips, on the bias. Place in a bowl and sprinkle with 1 tablespoon of cornstarch, some black pepper and a little salt. Mix well and set aside.

Mix the soy sauce, rice vinegar, sesame oil, brown sugar if using and remaining cornstarch. Whisk well.

Mix the scallions or onion, jalapeño if using, ginger and garlic in a small bowl.

Heat some oil in a wok or deep skillet until very hot.

Add the beef and cook, stirring constantly, until beef is cooked through. Move to a bowl and set aside.

Add a little more oil to the skillet. Add the scallion base to the oil and cook, mixing constantly, until softened.

Add the veggies to the wok and cook, stirring constantly, until vegetables are cooked but still crisp. Return the beef to the wok and stir. Add the liquid and cook until it thickens. Turn off the heat and serve with some rice if wanted.

