

**FAMOUS
WARRIOR**

**LOVES
FOOD**

GINGER AND SOY BEEF

INGREDIENTS:

1kg of Beef rump steak
2 teaspoons of crushed ginger
3 tablespoons of Soy sauce
A half teaspoon of black pepper
A half teaspoon of salt
3 spring onions
2 tablespoons BBQ sauce
2 tablespoons of cooking oil

METHOD:

1. Chop up your spring onions (separate the white part from the green)
2. Cut beef into strips, wash, drain and marinate in the soy, ginger, black pepper and salt. (let this sit at room temperature for at least 30 minutes)
3. Place the beef strips in a pot and allow to boil until all the excess water has evaporated.
4. Add the cooking oil and white part of your spring onions. Fry until slightly brown
5. Add the BBQ sauce the green part of your spring onion for added colour and flavour

SERVING SUGGESTION

This beef goes well with plain rice or noodles. You could also add a variety of chopped vegetables to this to make a hearty beef stir fry.

Enjoy!

With love,
From Famous Warrior's kitchen