

Sweet Plum Stir-fry with Fire Cracker Rice



Feeds: 2
Time to cook: Approximately 15 minutes

Take...

Lean beef, lamb or pork grilling/frying steaks*

Garlic

Oil

Tomatoes

Plum sauce

Tomato ketchup

Cooked rice

Red pepper

Can sweetcorn

Spring onions

Sweet chilli sauce

Lemon juice

Make...

- 1 In a large hot non-stick wok or saucepan, fry **225g (8oz) lean beef, lamb or pork grilling/frying steaks*** cut into thin strips and **2 cloves garlic**, crushed, in **5ml (1tsp) oil** until browned, approximately 3-4 minutes.
- 2 Add **2 tomatoes**, diced, **45ml (3tbsp) plum sauce** and **15ml (1tbsp) tomato ketchup** and cook for 3-4 minutes.
- 3 Meanwhile, prepare the rice. Place **250g (9oz) pre-cooked rice (100g(4oz) dry rice, cooked)**, **1 red pepper**, seeded and finely diced, **200g (approx) can sweetcorn**, drained, **2 spring onions**, chopped, **15ml (1tbsp) sweet chilli sauce** and **10ml (1dsp) lemon juice** in a large non-stick wok or saucepan and cook for 4-5 minutes, until piping hot.

Eat...

The sweetness of the plum stir-fry and the fiery chilli rice complement each other deliciously!

*Suitable cuts: Beef - sirloin, rump, topside steaks. Lamb - leg, chump steaks or neck fillet.
Pork - loin, leg steaks or fillet