

Trisha's Chicken/Beef Stir-fry

750g chicken or beef rump steak, sliced thinly
1 tablespoon grated fresh ginger
2 " lemon juice
2 " honey
1/4 cup (60ml) tomato sauce
1 tablespoon peanut oil
500g packet fresh stir-fry vegetables
2 tablespoon soy sauce

Combine meat in large bowl with half of the combined ginger, lemon juice, honey and tomato sauce.

Heat half of the oil in a wok or large frying pan. Stir-fry undrained meat mixture, in batches, until browned.

Heat remaining oil in same wok: stir-fry vegetables until just tender.

Return meat to wok with remaining tomato sauce mixture and soy sauce, stir-fry until sauce boils.

Makes 4 meals.