

# Master recipe Stir-fry

Try these 4 steps to a great red meat stir-fry. Combine our tips, lean red meat and plenty of vegetables for a nutritious, delicious meal every time.

1



Prepare everything you need before you place the wok on heat. Cut meat across the grain into even strips of the same thickness. Coat the meat in oil instead of adding oil to the wok. This will help you to use less oil.

2



Ensure the wok is hot before you begin to cook meat or vegetables. It should be hot enough to evaporate a bead of water on contact.

3



Cook meat in small batches. When you add the meat to the wok, work from the outer side of the wok to the centre, where it will be the hottest.

4



Set meat aside. Stir-fry vegetables with sauces. Return meat to the pan once the vegetables are cooked. Stir-fry only to combine – do not reheat meat for too long or it will toughen.

Best cuts for  
**stir-fry**

## Beef

Stir-fry strips or prepare your own from rump, blade, round or topside steaks.

## Lamb

Stir-fry strips or prepare your own from round or topside steaks.

## Veal

Stir-fry strips or prepare your own from leg or rump steaks.

