

Marinated beef with egg-fried rice (Serves 2)

Ingredients

For the marinated meat:

100g/3½oz quick cook steak, cut into thin slices
1 tbsp soy sauce (In school)
1 tsp sesame oil (In school)
½ lime, zest and juice
salt and freshly ground black pepper
1 tbsp olive oil (In school)

For the egg-fried rice:

1 tbsp vegetable oil
2 free-range eggs, beaten
100g/3½oz long grain rice
35g/1¼oz frozen (defrosted) peas
1 tsp sesame oil
1 tbsp soy sauce, to serve

Preparation method

1. Cut the steak into thin strips. Place the beef into a bowl along with the soy sauce, sesame oil and lime zest and juice and season with salt and freshly ground black pepper. Leave to marinate overnight in the fridge
2. Cook the rice in twice it's volume of water until rice is tender and water has been absorbed.
3. Heat the oil in a wok pan over a high heat, place the marinated beef into the pan and stir fry for 2-3 minutes. Remove from the heat and set aside in a warm place.
4. For the egg-fried rice, heat the vegetable oil in a wok, add the beaten eggs and stir well to cook the eggs quickly.
5. Add the cooked rice, peas and sesame oil to the wok, stir well and cook for 2-3 minutes.
6. To serve, transfer the rice to a bowl, top with the beef and drizzle over the soy sauce.

Quality and safety notes

