

Start off the summer with this tasty, simple stirfry

Beef Stirfry

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1 Tbs oil
500g lean rump strips
1 onion, sliced
1 C sliced carrots
1 C snow peas
1 bunch bok choy, chopped
1 red capsicum, sliced

Sauce

2 Tbs apricot jam
½ C honey
½ C soy sauce

Make sauce. Place oil in hot pan. Add beef and brown. Reduce heat. Add onion and carrots and cook. Remove from pan. Put snow peas, bok choy and capsicum in pan and cook one minute. Add meat, carrots, onions and stir sauce through. Serve on rice or noodles.

This recipe is from Heritage Highway Cookery. To purchase the cookbooks Heritage Highway Cookery and Midlands Morsels, please visit www.susanbutler.com.au.