

Flank Steak Stir Fry with Asparagus and Red Pepper

Servings : 4

Amount	Measure	Ingredient - Preparation Method
3	tablespoons	vegetable oil
1/2	pound	asparagus - trimmed, cut on diagonal into 1.5" lengths
1	pound	flank steak - sliced in half lengthwise, stripped 2" long and 1/4" wide
1		red bell pepper - 2" long strips, 1/4" wide
2	teaspoons	cornstarch - dissolved in 3 tbspn water
3	tablespoons	soy sauce
1	teaspoon	ginger - finely chopped
1	clove	garlic - minced
1		green onion - chopped
1/2	teaspoon	chili oil

While you are chopping, bring a small saucepan of water to boil. Parboil the asparagus for 2 minutes, drain, rinse in cold water, drain and set aside.

Prepare stir fry sauce by mixing last 5 ingredients and set aside.

Stir-fry the asparagus in a wok in 1 Tbspn of oil, on high heat, for about 2 minutes until lightly browned. Remove and set aside.

Add another 1 Tbspn oil to the pan and fry the beef strips, in 2 batches, for 2-3 minutes until browned but still pink inside. Return first batch to pan and add red pepper.. Stir and toss over high heat until just beginning to wilt, 1-2 minutes.

Quickly stir the cornstarch liquid and add it to pan with stir-fry sauce. Cook until thickened, 1-2 minutes. Return asparagus to pan, toss to evenly coat and serve with steamed rice.