

## Ginger Beef



Serves 4

### Ingredients:

- 500 g top sirloin, sliced thin
- 1 tbsp sherry
- 1 tbsp water
- 2 tsp soy sauce
- 2 tsp sugar
- 4 green onions cut in 1½" pieces
- 4 slices fresh ginger about 1" x 1 ½"
- 1 tbsp cornstarch
- 1 cup water

### Procedure:

- Marinate beef in sherry, water, soy sauce and sugar for about 30 minutes in the refrigerator.
- Drain meat, reserving the marinade.
- Grease a skillet with olive oil and stir-fry green onions, ginger and beef until beef is browned (but not cooked).
- Add marinade.
- Mix cornstarch with water and add to beef.
- Bring to a boil, stirring constantly until thickened.
- Remove ginger slices and serve hot over noodles or rice.

### Per serving:

- Calories: 157
- Protein: 22 gm
- Carbohydrates: 5 gm
- Fat: 5 gm

You'll find this a pleasant change from the traditional stir-fry recipes.