

Stir-fry is a great way to a weekday supper on the table in minutes. Our grass-fed rump steak is healthy, full of flavour, and tender enough to cook quickly. Don't be put off by the number of ingredients, it all comes together very easily.

Easy Squeezy Orange Beef Stir-fry

Ingredients

2 Ardross grass-fed rump steaks
200g Tenderstem broccoli
2 bell peppers, deseeded and sliced
1 medium orange, juiced
1 red chilli, deseeded and finely chopped
1 bunch spring onions, sliced
2-inch piece fresh ginger, peeled and grated
2 cloves garlic
1 tbsp runny honey
1 tbsp apple cider vinegar
2 tsp soy sauce
2 x 1 tbsp rapeseed oil for frying
2 tsp cornflour
2tsp sesame seeds

1. Blanch the broccoli by lowering it into boiling water, and keeping at a rolling boil for 2-3 minutes. Run under the cold tap for a minute to refresh, then set aside to drain on kitchen paper. This keeps the crunch and bright green colour.
2. Slice the rump steaks across the grain into strips. Season, and toss in cornflour.
3. Fry in 1 tbsp oil over a high heat until nicely browned (do not stir too much at this stage, you want some slightly blackened edges), then set aside on a warmed plate.
4. Heat the remaining oil, and fry peppers for 1-2 minutes until softened. Add in turn ginger, garlic, chilli and spring onions, stirring and adjusting heat to avoid anything burning.
5. Pour in orange juice, honey, soy and vinegar and bubble briefly to reduce, still stirring.
6. Finally, add back the drained broccoli and beef strips, warm through and serve sprinkled with sesame seeds.