



## Blistered Steak Stir Fry with Veggies

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

- 1 lb flank steak
- 3 tablespoons cornstarch
- $\frac{3}{4}$  teaspoon kosher salt
- 4-6 tablespoons O&V [Garlic EVOO](#) \*
- 1 teaspoon minced ginger or ginger paste
- 4-6 cloves garlic, minced
- 4 baby bok choy, halved or quartered lengthwise
- $\frac{1}{2}$  lb sugar snap peas
- 1 fresh red chili, sliced
- 1 bunch green onions, sliced, white and green parts separated
- 2 tablespoons honey
- 3 tablespoons low sodium soy sauce
- 1 tablespoon Sambal Oleak
- 2 tablespoon oyster sauce (optional, but delicious)
- 1 cup basil leaves, slightly torn
- Cooked rice to serve with

## Preparation

In a bowl or cup measure, combine the soy sauce, honey, sambal, oyster sauce and 3 tablespoons of water.

Cut the steak into thin slices across the grain (see Chef Note), then into 2-inch lengths. Toss the steak slices with the cornstarch and salt until well coated and combined. On a medium-high flame, heat 1-2 tablespoons of oil in a cast iron pan or large non-stick skillet. Stir fry the beef in batches until well browned but not fully cooked (about 5 minutes per batch of meat). Add additional oil as needed between batches of meat. Remove the steak to a plate.

Reduce the heat to medium, and in the same skillet add remaining oil. Add the bok choy and cook for 3-4 minutes till crisp-tender. Add the sugar snap peas, white part of the green onions, sliced chili, ginger and garlic. Stir fry for 1-2 minutes till fragrant.

Add back the steak. Stir and then pour in the soy/honey/water combination. Stir and toss frequently until everything is coated with the sauce and the meat is fully cooked (about 3-4 minutes)

Serve over cooked rice topped generously with torn basil and garnished with sliced green parts of the green onion

Serves 4

Active time 30 minutes Total Time: 30 minutes

## Chef Note

Flank steak and skirt steaks have a nice rich beefy flavor but lack the fatty marbling of more tender cuts. They are ideal for fajitas and stir fries but remember when cutting a flank steak or skirt steak, to cut across the grain to get tender mouthfuls of meat. Cutting with the grain will result in unpleasantly chewy pieces.

## Notes

\* The [Garlic EVOO](#) adds a nice additional layer of garlicky flavor and the Oyster sauce adds a sweet, savory and tangy flavor.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free, Steak Stir Fry, Garlic EVOO, Asian Flavors, Mediterranean Lifestyle, Oyster Sauce,