

Welsh beef with orange and ginger stir fry



A tasty and speedy midweek supper for two or more.

Serves 2 | **Prep** 10 minutes + 20 minutes marinating | **Cook** 15 minutes

Ingredients

1 orange, zest and juice
1 tablespoon honey
1 tablespoon dark soy sauce
250g Welsh rump steak*
1 tablespoon vegetable oil
1 small red onion, peeled and cut into strips
5cm fresh ginger, peeled and cut into thin strips
2 cloves garlic
6 leaves cavolo nero (black cabbage), finely chopped
¼ Savoy cabbage

Method

- 01** Peel the orange with a zester and put the zest strips to one side. Squeeze the juice from the orange and put in a bowl with the honey and soy sauce.
- 02** Remove any fat from the steak and cut the steak into strips and place in the orange juice mixture to marinate for at least 20 minutes. You can leave it overnight in a fridge if you wish.
- 03** Heat the oil in a wok over a moderate heat and cook the onions, ginger, garlic and a pinch of salt for 5 minutes, stirring continuously.
- 04** Add the steak (without the juice) and stir fry for 3-4 minutes before adding the cabbage and cooking for a further two minutes.
- 05** Pour the orange juice mixture over the stir fry and boil over a high heat until it starts to caramelize. Serve with boiled rice or noodles sprinkled with orange zest.

