

# Easy Korean Beef Stir Fry with Fermented Flavours



This mouth-watering easy beef stir fry is just one example of how Kimchi Club's fermented flavours make your meals scrumptious and gut healthy. Shared with us by Kimchi Club.

## INGREDIENTS

- 500g minute steak
- 1/4 cup rice flour
- 1/4 cup olive oil
- 1/3 cup gluten free and low sodium soy sauce
- 1/3 cup filtered water
- 1 Tbs coconut sugar or brown sugar
- 5 stalks spring onions (green part only, cut into 4cm length)
- 2 tsp Kimchi Club's fermented ginger
- 1 tsp Kimchi Club's fermented garlic
- 1 tsp Kimchi Club's fermented chilli

Serves 5

## METHOD

1. Slice the steak into 1/2 cm thick pieces against the grain and gently coat with rice flour
2. Heat a large frying pan between medium to high heat and add olive oil
3. Add the steak to the pan in a single layer and cook on each side for about 1 minute or until browned
4. Once the steak is cooked remove from the frying pan
5. Add soy sauce, water and sugar to the pan, let it boil and dissolve the sugar
6. Add the steak back into the frying pan and thicken the sauce for another minute
7. Add green spring onions and stir to mix and cook for another minute
8. Turn off the heat, remove the contents into the serving plate
9. Add fermented ginger, garlic and chilli into the frying pan without any heat and mix well
10. Pour the sauce on top of the meat and serve
11. Ideal Serving suggestion: serve with Kimchi Club's Naked Kimchi with warm rice cooked with multi grains (white, brown and black rice) and seeds (quinoa and chia seeds)

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