

Steak and Asparagus Stir Fry

#recipe #food/cooking# #food/dinner# #people/Cooking Light#
#need to make# #2019/January# #needs nutrition info#

Steak and Asparagus Stir-Fry

Ingredients

1/4 cup unsalted chicken stock (such as Swanson)
1 1/2 tablespoons oyster sauce
1 1/2 tablespoons lower-sodium soy sauce
2 teaspoons grated peeled fresh ginger
2 teaspoons minced garlic
1 teaspoon cornstarch
5 teaspoons canola oil, divided
12 ounces boneless sirloin steak, cut into 1/4-inch strips
12 ounces medium asparagus, trimmed and cut into 2-inch pieces
1 medium red bell pepper, cut into strips
1/2 teaspoon crushed red pepper
3 green onions, chopped

Process

Combine first 6 ingredients in a small bowl, stirring well with a whisk.

Heat a large skillet over high heat. Add 1 tablespoon oil to pan; swirl to coat. Add beef; stir-fry until browned but not cooked through (about 1 1/2 minutes). Place beef on a plate; discard liquid in pan.