

3 delicious, simple stir-fried beef dishes

Here are some delicious, simple stir-fried beef dishes that our sisters can easily make to change the menu in the daily meal.

Beef is a nutritious food that can be combined with a variety of fruits and vegetables to create many delicious and easy-to-make dishes like stir-fried beef with onions, sautéed beef with bamboo . Here are some dishes Delicious, simple stir-fried beef that our sisters can easily make to change the menu in the daily meal.

Stir-fried beef with onion, celery

Raw and semi-processed products

1. Fresh beef: 300g. Cut into bite-sized pieces.
2. Celery: 150g. Rinse, cut into small pieces about 3cm.
3. Onions: 1 tuber. Peel off the outside dry, washed, toned along areca slices.
4. Fresh ginger: 1 small bulb. Rinse, smash and shred.
5. Garlic: 5 small cloves. Peeled, smashed and chopped.



How to make fried beef with onion, celery

Step 1: Add 1 teaspoon of seasoning, ginger and a little MSG into the beef, mix well and leave for about 10 minutes to allow the meat to infuse the spices.

Step 2: Put the pan on the hot stove, pour the oil in, add the garlic to the aromatic.

Step 3: When the garlic turns slightly yellow, add the beef and stir quickly to cook the meat evenly.

Step 4: When beef is slightly hunted, stir fry the onions evenly. After about 3 minutes, then stir fry celery on high heat. Season with the spices, when the beef has just cooked, turn off the heat. Do not fry too long, the beef will be tough and lose the sweetness.

Step 5: Turn off the stove, scoop the food on a plate and sprinkle some black pepper on it.



Beef fried asparagus

Raw and semi-processed products

1. Asparagus (both green or ivory are fine): 500g. Cut off the fibers at the base, rinse, cut diagonally to taste.
2. Beef: 250g. Sliced.
3. Green onion, our smell (optional): Remove the roots, wash, cut the bite to eat.
4. 1 sprig of ginger. Rinse, shred.
5. 2 cloves of garlic. Peeled and chopped.
6. Cooking oil, fish sauce, salt, seasoning, pepper.



How to fry asparagus with beef

Step 1: Add ginger, ½ teaspoon salt, 1/3 teaspoon main wheat, 1/3 teaspoon pepper, 1 teaspoon cooking oil and marinate beef.

Step 2: Asparagus let the ceiling through boiling water, remove and drain. When you remove the asparagus, you can soak it in cold water for a nice color.

Step 3: Put the pan on the stove, when hot oil in, garlic until non-aromatic.

Step 4: Add the beef to the island quickly, when the meat is almost cooked to the plate.

Step 5: Add a bit of cooking oil to the pan, sauté asparagus into the pan, season to taste. Saute with low heat to cook evenly. When the asparagus appears to be dry, stir-fry the beef with the water to infuse the sweetness of the market.

Step 6: When the bamboo shoots are nearly cooked, stir the beef in the pan, stir the onion, coriander in the pan for 1 minute, turn off the heat, put the food on the plate.



Stir-fried beef with lemongrass and chili

Material

1. Beef: 700g. Cut thinly to taste.
2. Lemongrass: 6 branches. Remove the outer skin, rinse, and chop.
3. Chili: 1 fruit. Rinse and chop.
4. Shallots, garlic. Peeled and chopped.
5. Spices: Cooking oil, pepper, five spices, salt, sugar, soy sauce, oyster sauce.

How to make stir-fried beef with lemongrass and chili

Step 1: Add ½ teaspoon of pepper, 2 spoons of soy sauce, 1 teaspoon of oyster sauce, a little onion and minced garlic and marinate with beef for about 15-20 minutes.

Step 2: Put the pan on the stove and heat, add a bit of cooking oil, lemongrass, chili with shallots and minced garlic into the aromatic.

Step 3: Stir the beef together, stir quickly to cook the meat evenly. Seasoning to taste. When meat is cooked, turn off the heat and put on a plate.



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