

Broccoli and “no-beef” stir-fry



Ingredients (serves 2):

- 8 oz. fresh broccoli
- 100g “no-beef” substitute strips (I use Dopsu pea protein)
- 4 tablespoons dark soy sauce
- 1 tablespoon cornflour
- 1 tablespoon sherry
- 4 tablespoons vegetable oil
- 1 teaspoon raw cane sugar
- 1-inch piece of fresh ginger, finely shredded
- 1 green pepper, sliced

Make:

1. Combine the meat-substitute strips with soy sauce, cornflour, sherry and sugar and leave to marinate in a bowl for an hour.
2. Trim broccoli florets from stalks and cut into even sized pieces.
3. Heat 2 tablespoons oil in a wok, add the broccoli and sprinkle with salt.
4. Stir fry, turning continuously until broccoli is dark green, no more than 2 mins.
5. Remove from wok and set aside.
6. Heat remaining 2 tablespoons oil in the wok and add ginger, green pepper and meat-substitute marinade. Cook for 5 mins.
7. Return broccoli to the wok, mix and heat all ingredients together and serve immediately with rice.