



Miele

Broccoli and cashew stir-fry with tofu or beef

By Miele

20 minutes, plus marinating time

Preparation Time

10 minutes

Cooking Time

4 serves

Serves

INGREDIENTS

Marinated tofu

200 g firm tofu, cut into bite sized slices
¼ tsp white pepper
2 tsp light soy sauce
1 tbsp oyster sauce, use vegetarian oyster sauce if preferred

Marinated beef

¾ tsp bi-carb soda
300 g beef, cut into thin strips,
we used rump steak
½ tsp salt flakes
¼ tsp white pepper
1 ½ tsp corn starch
2 tsp light soy sauce
1 tbsp oyster sauce

Broccoli and cashew stir-fry

1 small broccoli, cut into small florets
60 ml (¼ cup) vegetable oil
2 garlic cloves, finely chopped
½ red onion, cut into quarters
100 g baby corn, halved
1 small carrot, thinly sliced
75 g (? cup) toasted cashew nuts
80 ml (? cup) chicken or vegetable stock
2 tbsp oyster sauce
2 tsp corn starch mixed with 1 tbsp water

To serve

1 tsp sesame seeds, toasted
¼ cup coriander leaves
Steamed rice

METHOD

Marinated tofu

1. Place the tofu in a bowl with the pepper and sauces. Marinate for 10 minutes.

Marinated beef

1. Sprinkle bi-carb soda on the beef, lightly toss with fingers and leave to rest for 20 minutes.
2. Rinse the beef and pat off the excess water.
3. Place the beef in a bowl with the salt, pepper, corn starch and sauces. Marinate for 10 minutes.

Stir-fry

1. Prepare your preferred protein, either tofu or beef.
2. Place the broccoli into a perforated steam container. Place into the steam oven and Steam at 100°C for 1 minute.
3. Heat a wok on medium-low heat, induction setting 4 for 4 minutes then increase to high heat, induction setting 8. Add 2 tablespoons of the vegetable oil and add your protein of choice to the wok. Quickly seal the protein. Set aside.
4. Add the remaining vegetable oil to the wok. Reheat for 30 seconds and add in garlic and onion. Stir-fry quickly for 1 minute.
5. Toss in all the remaining vegetables including the steamed broccoli and cashews. Stir-fry for 1 minute.
6. Add the stock to the vegetables and cook, stirring, for 1 minute. Return the protein into the wok.
7. Add the oyster sauce and corn starch mixture to the wok and cook for 20 seconds until the sauce thickens.

To serve

1. Top the stir-fry with the sesame seeds and coriander. Serve with steamed rice.

Hints and tips

- This recipe teaches you how to create a stir-fry on our induction cooktops using a wok.
- Almost any vegetable can be added, blanch firmer vegetables before adding.
- It is important for a wok to be very hot when stir-frying.