

SUPPERTIME SURVIVAL



Quick Fixes - Szechuan Beef & Mandarin Orange Stir-Fry

Makes 4 servings

Ingredients:

Glaze:

1/3 cup	orange juice	75 mL
3 tbsp	sodium-reduced soy sauce	50 mL
1 tsp	minced garlic	5 mL
1 tbsp	each cider vinegar & packed brown sugar	15 mL
2 tsp	cornstarch	10 mL
1/2 tsp	ground ginger	2 mL
1/4 tsp	crushed red chilies	1 mL

Stir-Fry

2 tsp	vegetable oil	10 mL
3/4 lb	inside round or sirloin steak, cut into 3 x 1/2-inch (8 x 1 cm) strips	375 g
2 cups	snow peas, trimmed	500 mL
1	can (14 oz/398 mL) baby corn, drained	1
1	can (10 oz/284 mL) mandarin oranges, drained	1
4 cups	Perfect Microwave Rice (see recipe below)	1 L

Directions:

1. Glaze: In bowl combine orange juice, soy sauce, garlic, vinegar, brown sugar, cornstarch, ginger and crushed red chilies. Set aside.
2. Stir-Fry: In large nonstick skillet, heat oil over medium-high heat; add steak and stir-fry for 1 to 2 minutes or until browned.
3. Add snow peas and stir-fry for 2 minutes; add corn and orange juice mixture. Reduce heat and simmer for 2 minutes or until thickened. Gently stir in oranges and heat through. Serve with Perfect Microwave Rice.

Perfect Microwave Rice - Makes 8 cups (2L)

1 cup	brown rice	250 mL
1 1/2 cups	long grain rice	375 mL
4 cups	hot water	1 L

In 8-cup (2 L) microwaveable measuring cup or 12-cup (3 L) casserole dish, combine brown rice, long grain rice and water. Cover and microwave on High for 24 to 26 minutes or until water is mostly absorbed. Let stand for 10 minutes; fluff with fork.