

Black Pepper Beef Stir Fry Recipe for a Fast Weeknight Dinner

450 g (1 pound) thin steak, sliced thinly against the grain



TIME

2 to 3 min

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INGREDIENTS

For the black pepper beef:

450 g (1 pound) thin steak, sliced thinly against the grain

2 teaspoons freshly ground black pepper

1/4 teaspoon salt

4 tablespoons sunflower oil

1 teaspoon sesame oil

2 medium onions, peeled and chopped into thick slices

1 green bell pepper, deseeded and sliced

1 red bell pepper, deseeded and sliced

2 tablespoons cornflour (cornstarch)

2 tablespoons dark soy sauce

2 tablespoons oyster sauce

1 tablespoon Chinese rice wine, or dry sherry

120 ml (1/2 cup) beef stock

2 cloves garlic, minced

1 teaspoon minced ginger

To serve:

Boiled rice

DIRECTIONS

1. Season the steak: Place the thinly sliced steak in a bowl and toss it with 1 teaspoon of the black pepper and the salt. This gives the meat its first layer of flavor before it hits the pan.
2. Sear the beef: Heat 3 tablespoons of sunflower oil and the sesame oil in a wok or large frying pan over high heat until hot. Add the steak and fry for 2 to 3 minutes, moving it around the pan so the slices do not stick together. Once browned, remove the steak with a spoon and set it aside in a bowl, leaving the oil behind in the pan.
3. Cook the vegetables: Turn the heat down to medium. Add the remaining 1 tablespoon of sunflower oil to the wok, then add the sliced onions and peppers. Stir-fry for 3 to 4 minutes, until they begin to soften but still keep some bite.
4. Mix the sauce: While the vegetables cook, add the cornflour, dark soy sauce, oyster sauce, Chinese rice wine, beef stock, and remaining 1 teaspoon of black pepper to a small jug or bowl. Stir until well combined.
5. Add garlic and ginger: Add the minced garlic and ginger to the wok with the vegetables. Cook for 1 minute, stirring often, until fragrant.
6. Pour in the sauce: Give the sauce another quick stir, then pour it into the wok. Stir everything together and let it come to a gentle simmer. If it seems too thick, add a splash of water.
7. Return the beef: Add the cooked steak back to the wok and stir to coat it in the sauce. Cook for another 3 minutes, just until the beef is heated through and everything is glossy and well combined.

8. Serve: Spoon the black pepper beef over boiled rice and serve hot.

SWAPS & NOTES

This is a very adaptable stir-fry, which makes it especially useful for home cooking.

Steak choice: Sirloin works very well, but flank steak or

skirt steak can also be used if sliced thinly against the grain.

Chinese rice wine: Dry sherry is a great substitute if that is easier to find.

Bell peppers: Feel free to use yellow or orange peppers too,

depending on what you have.

TIPS FOR SUCCESS

Slice the beef as thinly as possible and always against the grain.

This makes a huge difference in tenderness and helps the steak cook quickly without getting tough.

Have all of your ingredients prepped before you start cooking.

Stir-fries move fast, and once the pan is hot, everything comes together in a matter of minutes.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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