

Norman's

BEEF, CHILI & KALE STIR-FRY



RECIPE

Norman's Beef, Chili & Kale Stir-fry

This quick and simple beef stir-fry with chili and kale is my kind of weekdays treat with not much fuss and time spent in the kitchen. My nutritionist friend, Jeannette Jackson shared some of her healthy facts on the ingredients I used for this dish. Watch my youtube video to learn more about easy way cooking this dish. If you don't like the bitterness of kale, one of many ways how to reduce it is by soaking it in cold water for 10-15 minutes and squeeze half of lemon for the juice or add 1 teaspoon of vinegar.

For 2 people

Ingredients

400g beef strips

1 tablespoon cumin seeds, roughly pounded or chopped

½ teaspoon salt

2 tablespoons coconut oil

3 garlic clove, finely chopped

1 red chilli, thinly sliced

3 tablespoons light soy sauce

200g kale

chilli flakes for garnishing

Method

1. Add beef, cumin, salt and chilli flakes (optional) in a bowl and let them marinate for 5 minutes.
2. Heat a wok or large frying pan until smoking hot. Pour in the oil and swirl around the pan, then tip in the chilli and garlic, fry until golden brown and add the marinated beef strips.
3. Cook and stir until the meat is lightly browned, about 3 -4minute, then add the kale and pour over the sauce. Cook until kale wilted through. Scoop out and serve at once with rice.

