

# Pepper Steak Stir Fry

---



Pepper Steak Stir Fry is a vibrant and flavor-packed dish that brings the bold flavors of tender beef and crisp bell peppers together in a savory sauce. This popular Chinese-American meal is known for its quick cooking method, which preserves the fresh, natural flavors of the ingredients. Strips of steak, usually sirloin or flank, are marinated then flash-fried along with slices of bell peppers and onions, making the dish not only colorful but also full of texture and taste. Perfect for a busy weeknight dinner, Pepper Steak Stir Fry can be served over rice or noodles for a satisfying and complete meal that's ready in no time.

## Ingredients:

- 1 lb (450g) sirloin or flank steak, thinly sliced against the grain
- 2 tablespoons vegetable oil
- 2 bell peppers (one red, one green), sliced
- 1 large onion, sliced
- 2 cloves garlic, minced
- 1-inch piece of ginger, minced
- 1/4 cup soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sugar
- 1/2 cup beef broth or water
- 1 tablespoon cornstarch mixed with 2 tablespoons water (cornstarch slurry)
- Salt and pepper to taste

- Optional: sesame seeds or sliced green onions for garnish

## **Directions:**

### **1. Marinate the Steak:**

- Season the sliced steak with a little salt and pepper. Set aside to marinate for at least 15 minutes while you prepare the other ingredients.

### **2. Prepare the Sauce:**

- In a small bowl, combine soy sauce, oyster sauce, sugar, and beef broth. Stir to mix well and set aside.

### **3. Cook the Vegetables:**

- Heat 1 tablespoon of vegetable oil in a large skillet or wok over high heat. Add the sliced bell peppers and onions, cooking for about 3-4 minutes until just tender but still crisp. Remove the vegetables from the pan and set aside.

### **4. Stir Fry the Steak:**

- Add the remaining tablespoon of oil to the skillet. Add the marinated steak and stir-fry for about 2-3 minutes or until the meat is nearly cooked through. Add the garlic and ginger, stir-frying for another minute until fragrant.

### **5. Combine and Thicken the Sauce:**

- Return the cooked vegetables to the skillet with the beef. Pour the sauce mixture over the top and bring to a simmer. Stir in the cornstarch slurry and continue cooking for another minute or two, stirring continuously, until the sauce has thickened and everything is heated through.

### **6. Serve:**

- Serve the pepper steak stir fry hot, garnished with sesame seeds or green onions if desired. It pairs wonderfully with steamed rice or noodles.

Pepper Steak Stir Fry is an easy, quick, and delicious meal that combines simple ingredients with powerful flavors. This stir-fry is sure to become a favorite, offering both the comfort of home cooking and the excitement of vibrant flavors.