

# Sliced Beef with Leek

*This is an Asian inspired recipe for sliced beef with leek. It is very easy and simple and great when served with a bowl of rice.*



This is a very simple recipe which involves just a handful of ingredients...it is delicious served over a steamy bowl of rice and guess what? Great for next day lunch or dinner, therefore it is perfect for weekday meal.

I hope you get to try this easy and tasty Asian inspired recipe.

***Ingredients:***

- $\frac{1}{2}$  lb finely sliced beef, I used shabu shabu boneless ribeye
- 2 or 3 garlic cloves, finely chopped
- 1 leek sliced diagonally
- $\frac{1}{2}$  tablespoon olive oil
- 2 tablespoon oyster sauce
- $\frac{1}{2}$  tablespoon corn starch
- Salt and pepper to taste





***Method:***

In a medium bowl place the beef, garlic, oyster sauce, salt and pepper, mix gently. Add corn starch and make sure that the beef is lightly coated with it.

In a fry pan or wok, add the olive oil and sauté the beef until all cooked and slightly brown. Remove from the pan and set aside.

On the same pan add the leek and sauté for a minute until slightly soft.

Add the beef back to the pan and mix together with the leek.

Serve hot with rice.





If you enjoy this simple beef recipe, you might want to check on these Asian inspired Sliced Beef with Black Bean Sauce or Beef, Carrot and Celery Stir Fry recipes.



Did you know that leek belong to the same family as garlic and onions? Therefore leek contain many of the same beneficial compounds present in garlic and onion such as flavonoids (known to protect blood vessels) and B vitamin (lower homocysteine supporting cardiovascular health).

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