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Cajun Rump Stir-fry BNB008

In a heated pan or wok, melt the butter with a little olive oil, add the beef cubes and stir fry until browned. Remove beef from pan, add the veggies to the same pan and stir-fry for 1 minute, add the beef back to the pan, then add the sauce, bring to the boil while stirring. Done. Serve with a sprinkle of sunflower seeds.