

Spicy Beef with Shrimp & Bok Choy

From – eatingwell.com

¼ cup Shao Hsing Rice wine or dry sherry
1 ½ Tbsp oyster-flavored sauce
2 tsp cornstarch
4 tsp canola oil, divided
¾ lb sirloin steak, trimmed of fat, and thinly sliced
¼ to ½ tsp crushed red pepper
10 raw shrimp, peeled, deveined and chopped
1 bok choy, trimmed and sliced into 1” pieces

- Whisk rice wine, oyster sauce and cornstarch in a small bowl until the cornstarch is dissolved.
- Heat 2 tsp oil in a large nonstick skillet or wok over medium-high heat.
- Add beef and crushed red pepper to taste. Cook, stirring, until the beef begins to brown, 1 to 2 minutes.
- Add shrimp and continue to cook, stirring until the shrimp is opaque and pink, 1 to 2 minutes.
- Transfer the beef, shrimp and any juices to a plate.
- Heat the remaining 2 tsp oil over medium-heat in the same pan.
- Add bok choy and cook, stirring, until it begins to wilt, 2 to 4 minutes.
- Stir in the cornstarch mixture.
- Return the beef-shrimp mixture to the pan and cook, stirring, until heated through and the sauce has thickened slightly, about 1 minute.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com