

KENNEDY★HAHN

APPLIANCE

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★★★ Three Pepper Beef ★★★

Courtesy of Chef Martin Yan

Prepared at an appearance at Kennedy-Hahn's Fitchburg Showroom

4 servings

Ingredients:

2 teaspoons soy sauce

1 teaspoon cornstarch

3/4 pound flank steak, cut in 1/2 inch cubes

1 tablespoon fresh lemon juice

1/4 teaspoon ground black pepper

1 Granny Smith apple, cored and cut into 1/2 inch cubes

1 tablespoon vegetable oil

1/2 red bell pepper, cut into 1/2 inch dice

1/2 green bell pepper, cut into 1/2 inch dice

3 green onions, trimmed and cut into 2 inch length

Lemon zest

Combine soy sauce and cornstarch in a bowl. Add beef and stir to coat. Let stand for 10 minutes in the bowl.

Combine lemon zest, lemon juice, and black pepper. Add apple and stir to coat.

Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides.

Add beef and cook, stirring, until rare, about 2 minutes.

Add apple mixture, bell peppers, and green onions; cook, stirring, until apples are tender-crisp, about 2 minutes.

Transfer to serving plate and serve.

