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His Royal Highness The Prince Charles,
Duke of Rothesay

Stir Fry of Mey Selections Beef with vegetables

Serves 2-3

Ingredients:

- 300g Mey Selections Beef steak (or similar cut)
- 1 medium onion
- 1 carrot
- 1 courgette
- Cullisse Highland rapeseed oil
- Hebridean sea salt
- A dash of Böd Ayre Seaweed Sprinkle
- A dash of apple vinegar and 1tsp highland honey

Method:

1. In a wok heat the oil and sizzle strips of round steak. Add vegetables, cut to your liking – carrot batons with courgette and onion wedges work well for a stir fry.
2. Sauté until virtually cooked – the vegetables can be al dente – then add seasonings and sweet sour flavours. Stir together to blend flavours for a few minutes and taste to adjust seasoning.
3. Serve with chunks of local bread or boiled noodles.

Recipe from Wendy Barrie. www.wendybarrie.co.uk

