Beef & Bok Choy Stir Fry

5 serving bowls

From the garden: rosemary, spinach, bok choy, onion, carrot

Equipment:
- 2 knives
- 2 cutting boards
- 2 saucepans
- 1 wok/fry pan
- Large steel spoon
- Measuring spoons
- Measuring cups

Ingredients:
- 500g beef pieces & 500 g. mince
- 300 g. bunch bok choy
- ¼ cup Soy sauce
- ¼ cup vinegar
- 1 onion
- 3 garlic cloves
- Dessert spoon coriander
- 2 teaspoons of sesame oil
- 2 tablespoons of vegetable oil
- Rocket
- Spinach
- 2 cups rice
- 1 carrot
- 2 teaspoons sugar

Method:
1. Lightly boil the rice and the noodles in a saucepan
2. Cut the beef into thin strips and fry with onion in a wok or fry pan with oil
3. Roughly chop all the vegetables and add to the fry pan
4. Cook and stir
5. Add the mince meat to the wok and cook with the vinegar
6. Pour soy sauce or other sauces to taste
7. Add all the other ingredients and quickly stir fry and serve in a small bowl