



## ***10-Minute Orange Beef and Asparagus Stir-fry***

Recipe courtesy of Redbook magazine

Serving: 4

- 3/4 cup orange juice (I skipped, forgot to buy)
- 3 tablespoons reduced-sodium soy sauce
- 1 cup honey
- 1 tablespoon cornstarch
- 1 teaspoon chili oil or 1/2 tsp hot red-pepper flakes
- 1 lb flank steak, cut across the grain into thin strips (I used the beef strips they usually sell for stir-fries)
- 2 tablespoons peanut oil or canola oil
- 2 cups asparagus, cut into 1 1/2-inch pieces
- 1 red bell pepper, cut into strips
- 1/2 cup sliced scallion
- 1 cup shredded carrots
- 2 teaspoons grated fresh ginger
- 1 teaspoon minced garlic
- 1/2 cup honey-roasted peanuts (added extra for topping)
- Steamed rice (optional)

In a bowl, combine orange juice, soy sauce, honey, cornstarch, and chili oil. Add steak strips, tossing to combine. Heat 1 Tbsp of the peanut oil in a large nonstick skillet over high heat. Add asparagus and stir-fry 4 minutes. Add bell pepper, scallion, and carrots; stir-fry 1 minute. Add ginger and garlic; stir-fry 1 minute. Remove vegetables to a bowl.

Heat remaining 1 Tbsp of the peanut oil. Add the steak; stir-fry 3 to 4 minutes. Add reserved vegetables and peanuts; stir-fry until heated through. Serve with rice, if desired.