

The Camping Detective Outdoor Camping Recipes.

Recipe #11: Flank Steak Stir-Fry with Rice:

Ingredients:

- 1 Package – Flank Steak
- 1 hand-full – bean sprouts
- 2 tbsp – chopped onion
- 2 tbsp – chopped red pepper (or, green pepper) or add a little jalapeno for a bit of kick.
- 1 tbsp – chopped garlic
- 1 tbsp – chopped ginger
- 1 cup/bag – Boil-in-Bag pre-cooked rice
- 1 hand-full – finely cut broccoli
- 1 hand-full – finely cut cauliflower

Spices used:

Lawry's Seasoning Salt or be creative with a little extra dash of this and a dash of that.

Salads are optional:

A little bit of olive oil poured over any type salad with a dash of salt is simple to prepare and refreshingly delicious with dinner.

Note: For the pan use either butter or olive oil, or perhaps both.

Preparation: (total cooking time 20 minutes)

- 1 - Begin by bringing 4 cups of water to a boil in a covered pot for the Boil-in-Bag Rice. (The rice will take 10 minutes.)
 - 2 - Season both sides of the Flank Steak with a little Lawry's Seasoning Salt.
 - 3 - Toss in the sliced up Flank Steak into the pan and spread around with a spatula. Use high heat for a short period of time to sear the meat, then lower heat to medium. Sometimes I'll add some olive oil after I initially seared the meat. Once the meat is seared, put some olive oil in "Teflon" frying pan with the meat.
- Note: Never let the olive oil get so hot in a pan that it smokes! That's very unhealthy!**
- 4 - Add all the extras: onion, ginger, garlic, bean sprouts, red pepper & finely split broccoli and cauliflower to the pan. Mix all the contents.
 - 5 - Reduce the heat to low and cover with a lid.
 - 6 – After (5) minutes, stir contents around with the spatula.
 - 7 - The 4 cups of water are certainly boiling by now. Go ahead and add the bag of rice. Submerge the bag. Sometimes I'll place a heavy spoon on top of the rice bag to keep it submerged. (Check your watch.)
 - 8 – After another (10) minutes everything should be done.
 - 9 - Stir around the Flank Steak Stir-fry with the spatula until everything is mixed.
 - 10 - The broccoli and cauliflower should be hot but still crisp when serving.
 - 11 – Cut open the bag of rice and serve on a plate. Serve the Stir-fry over the rice and enjoy!

This was an easy dinner wasn't it? Hardly any clean up, remember to wipe out the pan with a paper towel while it's still warm to make clean up even easier!

Enjoy!

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