

# New York Steak Cantonese Style



Ingredients:	Portion Amt:
New york steak (Chunk )	6.0 oz
Green onions	0.5 oz
yellow onions sliced	0.5 oz
Mushrooms (Chunk )	0.5 oz
Sliced carrot	0.5 oz
Cooking wine	1. tsp
sesame oil	1/2 tsp
Main sauce	2.0oz
Hot chili sauce	1/2 tsp
Serve with steamed white rice	1. rice bowl

## Preparation:

Fry the New York Steak in boiling oil for 30 seconds. Remove the N.Y. steak and drain the oil from the frying pan. Heat two teaspoonfuls of oil in the wok. Add ground garlic and N.Y. steak mushrooms, green onion, sliced yellow onion, and carrots. Stir fry 30 seconds. Finish with a sprinkle cooking wine and main sauce and thicken with corn starch paste. Stir fry until they are mixed well, with sesame oil. Remove to a serving plate and serve.