

# Jerk Rump wok



## Ingredients

1kg Tender Steak Strips  
(Rump/Fillet Tails/Sirloin)  
1kg of Mixed Vegetables  
Sliced White Onion  
Sliced Red Onion  
Sliced Mixed Peppers  
Tender stem Broccoli  
**200g Verstegen World Grill  
Jamaican Jerk**  
**Verstegen Black Sesame Seeds**  
**Verstegen White Sesame Seeds**

## Method

Place the steak strips into a bowl and add the fresh prepared vegetables.

Add the **Verstegen World Grill Jamaican Jerk** and mix well.

Place the Stir Fry into a serving bowl and sprinkle with the **Verstegen Black and White Sesame Seeds**.

**Verstegen** adds that extra something.

