

Prep Time: 15 minutes | Cook Time: 15 minutes | Total Time: 30 minutes
Servings: 4 | Difficulty: Easy | Cuisine: Asian-Inspired

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Introduction

If you’re looking for a one-pan dinner that comes together faster than takeout delivery, this Beef and Pepper Fried Rice Skillet is exactly what your weeknight needs. Tender strips of flank steak, sweet bell peppers, and fragrant jasmine rice get tossed in a savory-sweet soy sauce glaze that caramelizes beautifully in a hot skillet. It’s the kind of meal that feels

indulgent but comes together with pantry staples you probably already have on hand.

The beauty of this recipe is its flexibility. Got leftover rice from last night? Perfect — day-old rice actually works better than fresh because it's drier and fries up without getting mushy. Have a bag of frozen stir-fry vegetables? Toss them in. This recipe is a template as much as it is a dish, and once you've made it once, you'll be riffing on it for months.

Ingredients

For the Beef Marinade

- 1 lb (450 g) flank steak or sirloin, thinly sliced against the grain
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon sesame oil
- 1 teaspoon grated fresh ginger
- 2 cloves garlic, minced

For the Fried Rice

- 3 cups cooked jasmine rice, cooled (day-old is best)
- 2 tablespoons vegetable or canola oil, divided
- 1 large red bell pepper, thinly sliced
- 1 large green bell pepper, thinly sliced
- 1 medium yellow onion, thinly sliced
- 3 large eggs, lightly beaten
- 3 green onions, sliced (white and green parts separated)
- 1 cup frozen peas and carrots, thawed

For the Sauce

- 3 tablespoons soy sauce
- 1 tablespoon oyster sauce

- 1 tablespoon hoisin sauce
- 1 teaspoon brown sugar
- 1 teaspoon rice vinegar
- ½ teaspoon red pepper flakes (optional, for heat)
- ¼ teaspoon freshly ground black pepper

For Garnish

- 1 teaspoon toasted sesame seeds
- Sliced green onion tops
- Sesame oil, for drizzling

Instructions

Step 1: Marinate the Beef (Time: 10 minutes | Intensity: Low)

In a medium bowl, whisk together the soy sauce, cornstarch, sesame oil, ginger, and garlic

until smooth. Add the sliced beef and toss until every piece is evenly coated. Let it sit at room temperature for 10 minutes while you prep everything else. The cornstarch is the secret weapon here — it creates a velvety coating that keeps the beef tender and helps it brown beautifully.

Tip: Slice your beef while it's still slightly frozen. It's much easier to get thin, uniform strips that way.

Step 2: Mix the Sauce (Time: 2 minutes | Intensity: Low)

In a small bowl, whisk together all the sauce ingredients: soy sauce, oyster sauce, hoisin, brown sugar, rice vinegar, red pepper flakes, and black pepper. Set aside near the stove — you'll need it fast later.

Step 3: Sear the Beef (Time: 3 minutes | Intensity: High)

Place a large cast-iron or nonstick skillet over high heat and add 1 tablespoon of oil. Once the oil shimmers and just begins to smoke, add the beef in a single layer. Do not stir for the first 60 seconds — let it develop a deep brown crust. Then stir-fry for another 1-2 minutes until just cooked through. Transfer the beef to a plate and set aside. It will finish cooking later.

Intensity note: High heat is essential here. A crowded pan steams the meat instead of searing it, so work in batches if needed.

Step 4: Sauté the Vegetables (Time: 4 minutes | Intensity: Medium-High)

Add another ½ tablespoon of oil to the same skillet. Add the bell peppers and onion. Stir-fry for 3-4 minutes until the peppers are crisp-tender with slight char marks but still retain their bite. Add the white parts of the green onions and the thawed peas and carrots; cook 1 minute more. Push everything to one side of the pan.

Step 5: Scramble the Eggs (Time: 2 minutes | Intensity: Medium)

Add the remaining ½ tablespoon of oil to the empty side of the pan. Pour in the beaten eggs and let them set for 20 seconds, then scramble gently with your spatula until just softly set. Break into bite-sized pieces and mix into the vegetables.

Step 6: Fry the Rice (Time: 4 minutes | Intensity: High)

Add the cooled rice to the skillet, breaking up any clumps with your spatula. Pour the sauce evenly over the rice and toss everything together vigorously. Spread the rice into an even layer and let it sit undisturbed for 1 minute to get crispy bits on the bottom, then stir. Repeat this “press and wait” technique 2–3 times for maximum texture.

Step 7: Combine and Finish (Time: 2 minutes | Intensity: Medium-High)

Return the beef and any accumulated juices to the skillet. Toss everything together for 1–2 minutes until heated through and evenly coated in sauce. Taste and adjust — add a splash more soy sauce for salt, a drizzle of sesame oil for aroma, or extra red pepper flakes for heat.

Step 8: Garnish and Serve (Time: 1 minute | Intensity: Low)

Transfer to a serving platter or divide among four bowls. Sprinkle with sesame seeds and reserved green onion tops. Drizzle lightly with sesame oil and serve immediately.

Timing Summary

Stage	Time	Heat Intensity
Marinate beef	10 min	None (passive)

	Stage	Time	Heat Intensity
	Mix sauce	2 min	None
	Sear beef	3 min	High
	Sauté vegetables	4 min	Medium-High
	Scramble eggs	2 min	Medium
	Fry rice	4 min	High
	Combine and finish	2 min	Medium-High
	Garnish	1 min	None
	Total	~28–30 min	—

Nutrition Information (Per Serving)

Based on 4 servings. Values are estimates and will vary by brand and exact quantities used.

- Calories: 520 kcal
- Total Fat: 18 g
- Saturated Fat: 4 g
- Trans Fat: 0 g
- Cholesterol: 175 mg
- Sodium: 1,180 mg

- Total Carbohydrates: 58 g

- Dietary Fiber: 4 g

- Total Sugars: 8 g

- Protein: 30 g

- Vitamin C: 95% DV

- Vitamin A: 45% DV

- Iron: 20% DV

- Calcium: 6% DV