

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Crispy Spicy Beef Stir Fry

Ingredients

350g very thinly sliced strips of sirloin or minute steak	2 garlic cloves, crushed
3 tbsp cornflour	thumb-sized piece ginger, cut into matchsticks
2 tsp Chinese five-spice powder	4 tbsp rice vinegar
100ml vegetable oil	1 tbsp soy sauce
1 red pepper, thinly sliced	2 tbsp sweet chilli sauce
1 red chilli, thinly sliced	2 tbsp tomato ketchup
4 spring onions, sliced, green and white parts separated	

To serve

cooked noodles or rice, to serve (optional)
prawn crackers, to serve (optional)

Method

Put the thin steak strips into a bowl and add the 3 tbsp cornflour and 2 tsp Chinese five-spice powder.

Heat the oil in a wok or large frying pan until hot, then add the beef and fry until golden and crisps.

Take the beef out of the pan and drain on kitchen paper. Drain away the oil from the pan leaving a tablespoon.

Add the thinly sliced pepper, thinly sliced red chilli, sliced white ends and the green parts of the spring onions, 2 crushed garlic cloves and thumb sized piece of ginger cut into matchsticks, into the pan. Stir fry for 3 minutes to soften, but don't let the garlic and ginger burn.

Mix the rice vinegar, 1 tbsp soy sauce, 2 tbsp sweet chilli sauce and 2 tbsp tomato ketchup in a jug with 2 tbsp water, then pour over the vegetables.

Bubble for 2 minutes then add the beef back into the pan and toss together well to coat in the sauce.

Serve the beef on a bed of noodles or rice. Accompany with prawn crackers.

Approx per person

Kcal 454

Carbs 32g

Fat 23g

Protein 26g