

# Helen Brown Capital Recipe

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



## Szechuan Spiced Ginger Beef

### Ingredients Serves 4

700g stir fry beef or piece of quick stir fry beef cut into strips across the grain

1 tbsp soy sauce

1 tbsp rice vinegar mixed with ½ tbsp sugar

3 tbsp cornflour

3 tbsp sesame oil

### Vegetable topping

7cm celery stalk cut into julienne strips (like matchsticks)

125g shredded carrots

7cm spring onions (green onions) sliced thinly

### Sauce

1 tsp crushed red chilli flakes

¼ tsp Chinese five spice

2 cloves of garlic, minced

2 tbsp brown sugar

2cm fresh ginger, grated

4 tbsp soy sauce

2 tbsp water

1tsp chilli sauce

1 tbsp rice vinegar

2 tsp hoisin sauce

Few sprigs of fresh coriander to finish

### Method

Add the rice vinegar and sugar to the meat, mix well. Marinate for 10 minutes.

In a bowl whisk the sauce ingredients together and set aside.

Slice the vegetables and set aside.

Add sesame oil to the wok or large sauté pan and heat over a medium heat.

Add the beef to the hot pan and sauté for 2-3 minutes. Do this in batches rather than overcrowding the pan otherwise the meat will taste "stewed". Remove to a plate.

Add the sliced vegetables to the hot pan and cook for 1-4 minutes depending on how tender you like them. Stir often to prevent too much browning.

Pour in the Szechuan sauce and cook for about 1 minute until thickened. Add beef and stir to coat.

Garnish with coriander and serve with rice.