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## Stir-Fried Chinese Chilli Beef

Well, you could knock us down with a feather! When Patrick whipped up this little number, we were instantly transported to a bustling backstreet eatery in Beijing. It blew our socks off! The trick with this dish is to slice your steak into strips as thinly as you can. Next, you need to cook it in a super hot frying pan in batches. By leaving space between each strip in the pan, they'll crisp up rather than stew. Let us know how it goes!



30 mins



family box



lactose free



spicy



healthy



Flank Steak (1)



Spring Onion (3)



Green Pepper (2)



Red Chilli  
(2 tsp)



Garlic Clove (2)



Chinese Five Spice  
(2 tsp)



Cornflour  
(2 tbsp)



Ginger (1½ tbsp)



Egg Noodle Nest  
(3)



Tomato Ketchup  
(2 tbsp)



Soy Sauce  
(3 tbsp)



Sweet Chilli Sauce  
(3 tbsp)



Rice Vinegar  
(2 tbsp)


## 4 PEOPLE INGREDIENTS

- Flank Steak **1**
- Spring Onion, sliced **3**
- Green Pepper, sliced **2**
- Red Chilli, chopped **2 tsp**
- Garlic Clove, chopped **2**
- Chinese Five Spice **2 tsp**
- Cornflour **2 tbsps**
- Ginger, chopped **1½ tbsps**
- Egg Noodle Nest **3**
- Tomato Ketchup **2 tbsps**
- Soy Sauce **3 tbsps**
- Sweet Chilli Sauce **3 tbsps**
- Rice Vinegar **2 tbsps**

**Allergens:** Egg, Gluten, Celery, Soya.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	523 kcal / 2208 kJ	9 g	3 g	66 g	21 g	47 g	3 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Cornflour is used as laundry starch, in sizing paper, in making adhesives, and in cooking.



1

1 Slice the **steak** into strips as thinly as possible (paper thin!). Finely slice the **spring onion**, separating the green and white parts. Remove the core from the **pepper** and slice into thin matchsticks. Finely chop the **chilli** and peel and chop the **garlic**.



2

2 Mix the **Chinese five spice** and **cornflour** in a bowl with a pinch of **salt** and **black pepper**. Add your **steak** strips to the bowl and coat in your **cornflour mixture**. **Tip:** Add less Chinese five spice if you don't like a flavour explosion! Peel the **ginger** with the edge of a spoon and finely chop.



4

3 Meanwhile, boil a pot of water with a good pinch of **salt**. Once boiling, add the **noodles** and cook for 4 mins. Drain your **noodles** then put them back in the pot with cold water. Leave to the side for later.

4 Heat a good splash of **oil** in a non-stick frying pan on high heat. Once almost smoking, carefully (it'll sputter) place your **steak** strips in the pan. **Tip:** Do not crowd the pan - you want to really crisp the steak up - cook in batches if necessary.

5 Once your **steak** has crisped up around the edges, remove it and rest on kitchen paper if you have some.

6 Tip out any excess oil from the pan and add in your **pepper** and **chilli** (the amount of chilli you add depends on how spicy you like things!) and cook for 2 mins. Now add in your **garlic**, **ginger** and the whites of your **spring onion**. Cook for 1 more minute.



6

7 Mix together the **ketchup**, **soy sauce**, **sweet chilli sauce**, **rice vinegar** and a splash of **water**. Tip the mixture into the pan and cook for 1 minute. Add your **steak** strips back in and stir together.

8 Drain your **noodles** and add them to the pan. Scatter over the green parts of your **spring onion**. Toss together for 1 minute before serving.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!