

Posted on 17 September 2012 by Jeff Low, Head Chef of Chi'zen Chinese Restaurant



## Ingredients

Beef tenderloin, thinly sliced strips - 120g Mixed Capsicum Green, Red and Yellow, sliced - 45g Sliced Carrot - 50g Garlic Chopped - 10g White Onion Sliced - 10g Red Chili Sliced - 10g Celery Sliced - 10g Potato Starch/Corn flour - 5g Chili Sauce 60 ml

## Preparation

- 1 Coat the beef strips in the starch and shake off any excess
- 2 Deep fry for 30 seconds until crispy remove and leave to one side on kitchen paper
- 3 In a hot wok sauté the capsicum, carrot, onion, celery and garlic for around 30 seconds and remove from the heat
- 4 Add the deep fried beef and chili sauce to the wok and return to the heat
- 5 Cook for a further 30 seconds over high heat mixing well
- 6 Remove from the heat when the sauce glazes the beef and serve

## Cooks Note