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by Liz Robb

Chinese Style Chilli Beef

Ingredients

300g thinly cut sirloin steak
1 egg
2 tablespoons of cornflour
1 teaspoon of Chinese 5 spice
Salt
1 yellow pepper
100g baby button mushrooms
1 carrot
A small bunch of spring onions
1 red chilli
2 cloves of garlic
A small piece of fresh ginger
4 tablespoons of groundnut oil.
2 tablespoons of rice vinegar
2 tablespoons of dark soy sauce
3-4 tablespoons of sweet chilli sauce
A teaspoon of soft brown sugar
2 tablespoons of tomato ketchup
Jasmine rice
Fresh coriander

Servings
2
Person

Preparation

1. Slice the steak into really thin strips. In a bowl, beat the egg then add the cornflour, 5 spice powder and a grinding of salt and mix well together. Add the steak to the bowl and toss to coat the pieces of steak with the egg mixture.
2. To prepare the vegetables, deseed and cut the pepper into thin strips, wipe and slice the mushrooms, peel the carrot and cut into very thin strips. Trim and cut the spring onions into short pieces diagonally then deseed the chilli and slice it thinly. Peel the garlic then peel and cut the ginger into thin matchsticks.
3. Heat 3 tablespoons of oil in a wok. When it is very hot, add some of the beef, separating out the strips, and cook for about 2 minutes on each side, or until the meat is crispy and golden. Lift it out with a slotted spoon onto kitchen towel, and keep warm on a plate in the oven while you cook the rest of the steak
4. I needed to cook it in 3 batches. You may need to add a little more oil for new batches
5. I like to keep it to the minimum.
6. Wipe out the wok then heat another tablespoon of oil. When it is hot, stir fry the pepper, spring onions, carrot and mushrooms for a minute or two, then add the chilli, crushed garlic and ginger and cook for another 2 minutes, stirring frequently.
7. Combine the rice vinegar, soy sauce, chilli sauce, sugar and ketchup in a small bowl with a splash of cold water. Tip it into the wok with the vegetables, stir well and allow to simmer gently for 2-3 minutes.
8. Tip the cooked strips of beef into the pan and stir well to combine. Cook for a minute or two, just to make sure the beef is hot, then serve with a portion of jasmine rice, garnished with a little chopped coriander.

Cooks Note

Whenever we treat ourselves to a Chinese meal, restaurant or takeaway, chilli beef is one of my family's favourite dishes and just has to be ordered. I love the thin strips of sticky,

crispy steak in a sweet spicy sauce with chilli heat. So why not give the takeaway a miss and try cooking it yourself this weekend? It really is quite quick and easy to make, uses fairly simple ingredients and tastes good. Serves 2.