

Chinese Pepper Beef Stir Fry

Ingredients

To tenderise the beef

450 g flank steak

1 tbsp baking soda

For the sauce:

180 ml cold beef broth

2 tbsp Chinese cooking wine

2 tbsp soy sauce

1 tbsp oyster sauce

1 tbsp Worcestershire sauce

3 garlic cloves – crushed

2 tsp sugar

1 tsp freshly ground black pepper

2 tbsp cornflour

For the Stir Fry

2 tbsp oil

1 onion – peeled and chopped

3 garlic cloves - minced

149 g sliced red bell pepper

150 g sliced yellow bell pepper

150 g sliced green bell pepper

Method

Start with tenderizing the beef

Cut the beef into thin strips across the grain.

Place in a bowl and sprinkle with the baking soda.

Let the beef marinate for 15 minutes then wash off the baking soda and rinsing it several times

Pat dry with kitchen paper and set to one side.

Make the sauce.

Combine the ingredients for the sauce together in a measuring cup or jug. Set to one side.

To make the stir fry

Heat 1 tablespoon of the oil in a large frying pan over high heat, once the oil starts to shimmer add the beef and cook for 1 minute until almost cooked through.

Remove from the pan.

Add the remaining oil to the pan Keeping the heat high add the onion and fry for 1 minute.

Add the bell peppers to the pan and cook for a further 2 minutes.

Return the beef to the pan along with the minced garlic and stir to combine.

Give the sauce another stir and then add it to the skillet and bring to a simmer, the sauce will start to thicken.

Cook for 1-2 minutes until everything is cooked through and the sauce just coats the meat and veg.

Remove from the heat and serve immediately.