

Chilli Beef Stir Fry

I think the general rule with this is "keep it crunchy!" I needed to use up some green beans, bits of pepper and some broccoli lurking in the vegetable drawer. I would have loved to have included bean sprouts but I didn't have any.

Prep Time: 20 mins Cooking Time: 6 minutes Serves: 4

Ingredients

400 g **leftover roast beef**

1-2 tsp. **Chinese Five Spice** (depending on taste)

1 **red onion** (roughly chopped)

1 **red pepper** (or a mix of whatever peppers you have)

handful of **green beans** - topped and tailed (halved if needed)

small florets of **purple sprouting broccoli** (make sure the stalks aren't too thick half if necessary)

few handfuls of washed **spinach** (flouts the "keep it crunchy" rule but it tasted nice)

1 large **garlic clove** (chopped finely or minced)

A knob of **fresh ginger** (4cm long - depending on taste) (chopped finely or minced)

1 small **red chilli** (finely chopped)

3 tbsp. **vegetable oil**

4 tbsp. **light soy sauce**

2 tbsp. **water**

3 tbsp. **dry sherry/rice wine/apple juice**

Garnish - I had some fresh coriander and pomegranate seeds which seemed to work well

Directions

1. Cut the roast beef across the grain into 5 cm wide strips and then as wafer thin as possible. Mix in a bowl with the five spice.
2. Chop the veg, the garlic and the ginger and mix the soy sauce, sherry/rice wine/apple juice and water in a small jug.
3. In separate bowls put the broccoli and beans and cover with salted boiling water and then cling film. Leave for 10-15 minutes then drain.
4. In a wok over a high heat add 2 tbsp. oil and once smoking flash fry the beef for a couple of seconds then quickly remove with slotted spoon and set aside.
5. Turn heat down and add the remainder of the oil.
6. Add the onions and cook for a couple of minutes then add the chilli, garlic and ginger for a further minute.
7. Add the peppers, green beans and broccoli and toss for 30 seconds. Then add the meat.
8. Lastly add the soy sauce mixture and as it comes to a bubble add the spinach and half wilt it. Tossing and turning as you go.
9. Turn into a serving bowl and scatter with the garnish of coriander and pomegranate seeds

I served this with coconut rice.

Noodles or thai jasmine rice would work well too.

Fresh Basil ...

<http://freshbasil.weebly.com/recipes/chilli-beef-stir-fry>