



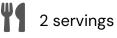


## **Crispy Firecracker Beef**

### with Sticky Rice

Crispy strips of steak in a sweet and spicy sauce with stir-fried onion, capsicum and chilli. Served over sticky rice and topped with fresh chives.







# Serve with noodles!

This dish works well with egg or rice noodles also! Add noodles with beef strips at step 5 to toss well in the sauce before serving.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

38g 7

7g

49g

#### FROM YOUR BOX

SUSHI RICE	150g
BROWN ONION	1
GREEN CAPSICUM	1
RED CHILLI	1
GARLIC CLOVE	1
BEEF STIR-FRY STRIPS	300g
RED QUEEN SAUCE	1 bottle
CHIVES	1 bunch

#### FROM YOUR PANTRY

sesame oil, butter for cooking, pepper, soy sauce, sugar (brown or other), cornflour

#### **KEY UTENSILS**

saucepan, large frypan or wok

#### **NOTES**

For less heat, you can deseed and serve the fresh chilli as garnish instead!



#### 1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat to medium-low. Cook for 15 minutes or until rice is tender and water is absorbed.



#### 2. PREPARE THE VEGGIES

Wedge brown **onion**, cut **capsicum** into strips, slice red **chilli** and **garlic** clove.



#### 3. COOK THE BEEF

Heat a large frypan or wok with sesame oil over high heat. Toss beef stir-fry strips with 1 tbsp cornflour. Cook for 3-4 minutes or until browned. Set aside on a plate, keep pan over heat.



#### 4. STIR-FRY THE VEGGIES

Add prepared veggies to pan and stir-fry for 3-5 minutes or until softened to your liking.



#### 5. FINISH THE STIR-FRY

Add 2 tbsp butter, red queen sauce, 2 tbsp water, 1 tbsp soy sauce and 1 tbsp sugar. Warm through then return beef to pan.



#### 6. FINISH AND SERVE

Slice chives into 3-4cm lengths.

Serve crispy beef and veggies over rice topped with chives. Season with extra **soy sauce** to taste.



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