



OCT
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Stir-Fried Five-Spice Chili Beef

with Green Pepper and Mushroom

The trick with this dish is to cook the beef in a super hot frying pan in batches. By leaving space between each ribbon in the pan, they'll crisp up rather than stew. Let us know how it goes!



Sirloin Steak



Garlic



Green Onion



Cremini
Mushrooms



Green Pepper



Miki noodles



Soy Sauce



Sweet Chili Sauce



Long Red Chili




Ginger



Five Spice Powder

Ingredients

	2 People	4 People
Beef Strips	1 pkg (285 g)	2 pkg (570 g)
Garlic	2 cloves	4 cloves
Green Onion	2	4
Cremini Mushrooms	1 pkg (113 g)	2 pkg (227 g)
Green Pepper, sliced	1 pkg (185 g)	2 pkg (370 g)
Miki Noodles	1) ½ 400 g	400 g
Low-Sodium Soy Sauce	1) 2) 1 bottle (2 tbsp)	2 bottle (4 tbsp)
Sweet Chili Sauce	2 pkg (4 tsp)	4 pkg (8 tsp)
Long Red Chili 	1	1
Ginger	1 knob (30 g)	1 knob (30 g)
Five Spice Powder	1 pkg (1 tsp)	2 pkg (2 tsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soja

Tools

Large Non-Stick Pan, Measuring Spoons

Nutrition per person Calories: 804 cal | Fat: 37 g | Protein: 45 g | Carbs: 76 g | Fibre: 6 g | Sodium: 1249 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1



1 Prep: Wash and dry all produce. Thinly slice the **green onion**. Mince or grate the **garlic**. Peel the **ginger** and mince **1 tbsp** (double for 4 people.) Slice the **mushrooms**. Finely chop the **chili**, removing the seeds if you prefer less heat. Core and slice the **pepper** into strips.

2 Season the beef: Sprinkle the **beef strips** with **five spice** and season with **salt** and **pepper**.

4



4 Cook the beef: Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then carefully add the **beef** (do not crowd the pan - you may need to do this in several batches!) Cook until beef is browned, 1-2 min per side. Transfer to a plate.

5



5 Cook the veggies: Add in the **green pepper, garlic, ginger, green onion** and as much **chili** as you like, to the pan. Cook, stirring often, until peppers are tender-crisp, 3-4 min. Stir in the **soy sauce, sweet chili sauce, 2 tbsp water** (double for 4 people), then the **mushrooms** and **noodles**. Cook until warmed through, 2-3 min. Stir in the **beef**.

6 Finish and serve: Divide the **noodles** between bowls. Top with a little more **chili** if you like it spicy. Enjoy!

DID YOU KNOW? Five spice powder is a fragrant mix of star anise, Szechuan peppercorns, fennel, cassian and cloves - typically used in Chinese cooking!

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