

## **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!



Prep 30 min



level 1



Sirloin Steak





Green Onion



Mushrooms



Green Pepper



Miki noodles



Soy Sauce



Sweet Chili Sauce







Five Spice Powder

Ingredients		2 People	4 People	*Not Included	
Beef Strips		1 pkg (285 g)	2 pkg (570 g)	Allergens .⊆ .≤	
Garlic		2 cloves	4 cloves		
Green Onion		2	4	1) Wheat/Blé $\frac{\Xi}{\zeta^2}$	
Cremini Mushrooms		1 pkg (113 g)	2 pkg (227 g)		
Green Pepper, sliced		1 pkg (185 g)	2 pkg (370 g)	<u>2</u> 309/30Ja : <u>-</u>	
Miki Noodles	1)	½ 400 g	400 g	Ruler  -	
Low-Sodium Soy Sauce	1) 2)	1 bottle (2 tbsp)	2 bottle (4 tbsp)	₩ 0	
Sweet Chili Sauce		2 pkg (4 tsp)	4 pkg (8 tsp)	Tools	
Long Red Chili 🌙		1	1	Large Non-Stick Pan, Measuring	
Ginger		1 knob (30 g)	1 knob (30 g)	Spoons	
Five Spice Powder		1 pkg (1 tsp)	2 pkg (2 tsp)		

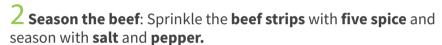
Nutrition per person Calories: 804 cal | Fat: 37 g | Protein: 45 g | Carbs: 76 g | Fibre: 6 g | Sodium: 1249 mg

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



Olive or Canola Oil\*

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.





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 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!

