

## SWEET CHILLI BEEF STIR-FRY



Serves 4



Prep Time 20 mins



Cook Time 10 mins



Easy As



### INGREDIENTS

- 400 g beef frying steak, cut into thin strips
- ½ tsp **Gregg's Ground Chinese Five Spice**
- 1 Tbsp sesame oil
- 2 cloves garlic, finely chopped
- 1 red capsicum, deseeded and sliced thinly
- 4 spring onions, white and green part separated, chopped

### METHOD

1. Toss beef strips in **Gregg's Ground Chinese Five Spice**.
2. Heat sesame oil with a dash of vegetable oil in a wok or frying pan. Add beef and stir-fry over a high heat to brown. Remove beef from the pan and keep warm.

- 1 small head broccoli, cut into small florets
- ¼ cup **Wattie's Creations Sweet Chilli Sauce**
- 2 Tbsp rice wine vinegar (optional)
- 1 Tbsp soy sauce
- ½ cup **Wattie's frozen Edamame**
- 1 tsp cornflour
- ¼ cup cold water

3. Reduce heat. Add garlic, red capsicum, the white part of the spring onions and broccoli florets. Stir-fry until vegetables soften.
4. Mix together **Wattie's Creations Sweet Chilli Sauce**, rice wine vinegar (if wished) and soy sauce. Add to vegetables with the **Wattie's frozen Edamame**. Return meat to the pan and continue stir-frying a further minute. Mix cornflour into the cold water and stir into the pan. Continue cooking until sauce thickens and coats the beef and vegetables. Serve over rice. Garnish with the sliced green parts of the spring onions.